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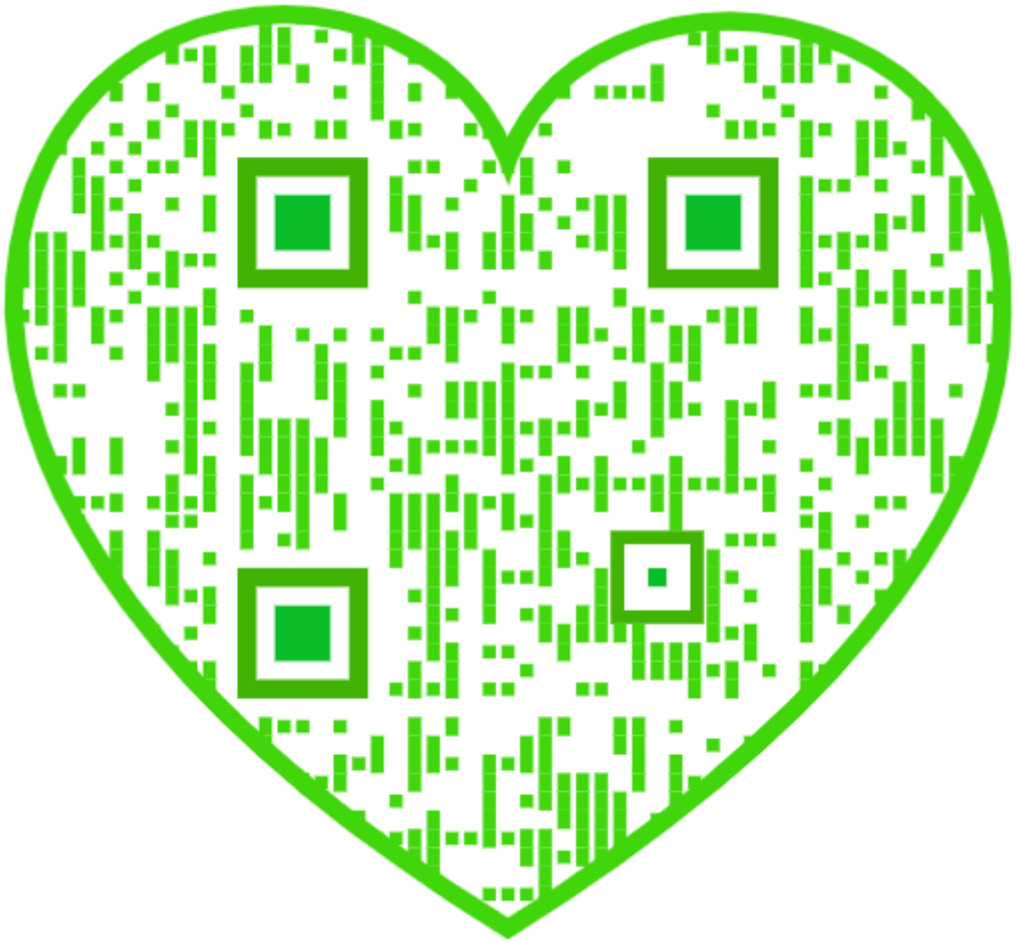
# PLAIN SAILING COOK BOOK

SUSANNA SHANKLIN BROWNE



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# The Plain Sailing Cook Book

## A COLLECTION OF SIMPLE RECIPES FOR BEGINNERS IN COOKERY

BY

SUSANNA SHANKLIN BROWNE

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# PREFACE

One should be prepared with an uncommonly good excuse for adding still another cook book to the legion already in existence. My own excuse will, I hope, be considered sufficient. So far as I am aware, no cook book of all the multitude now in use is successfully adapted to the needs of the person who has never before attempted to cook. It is not merely that most of the standard cook books take for granted more or less actual experience over the kitchen table and range; even those whose special appeal is to the novice and beginner usually fail in their purpose because the persons who write them, however versed in the lore of cookery, have little or insufficient skill in simple, concise, unequivocal expression. *Knowing how* and *telling how* are two very different things; and the common notion that any one who *knows how* is therefore and thereby fully qualified to *tell how* has led to endless confusion in cookery as in many other subjects.

What I have tried to do in this book is to *tell how* in such a way as to leave no possible room for doubt or misunderstanding on any point. In preparing and arranging each recipe, I have tried to keep continually in mind the person who has never before cooked anything, and who is as entirely dependent upon not only *what* I tell, but *how* I tell it, as one would be in attempting to concoct a chemical formula upon one's first visit to a laboratory.

At the beginning of each recipe there is a list of the kinds and amounts of the various materials required for

that recipe, and a list of the utensils that will be needed for the preparation, mixing, and cooking of those materials. Each stage of the ensuing process is then separately described as simply and plainly and fully as my use of words will permit. I have tried to leave nothing to the imagination, nothing to be guessed at, nothing to be decided from previous experience. In a word, I have tried to do as I would be done by, if I were the user of the book instead of the author.

A glance through these pages will show that they are confined to the simpler every-day dishes that make up the staple menu of the average American family. In cookery, as in other things, one should begin at the beginning and serve one's apprenticeship before passing on to the more complex mysteries of the craft. Any one who has mastered the recipes here given will then, and not until then, be competent to attempt the numberless more elaborate dishes described in the almost numberless more elaborate cook books. My little volume is for the tyro, the beginner, and for no other. Its aim is to provide "plain sailing" for the wholly inexperienced mariner in culinary waters.

It only remains to add in this place that, as the beginner in cookery is usually the feminine half of a recently arranged matrimonial partnership, the recipes in this book are in nearly all cases designed to serve two persons only. If a larger family must be provided for, the amount of materials called for in any recipe should, of course, be increased in direct proportion to the additional number of persons in the family.

S. S. B.

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# THE
# PLAIN SAILING COOK BOOK

# INTRODUCTORY

## *EQUIPMENT AND SUPPLIES*

The first and foremost essential in cookery is a conveniently arranged and well equipped kitchen, stocked with the necessary staple supplies. Under the heading of equipment, the most important items are of course a cooking-stove (presumably a gas-range, with an upper and a lower oven), a sink, a good-sized table with enamelled or oilcloth top, and an ice-box. Only a little less important than these, in view of its many advantages and conveniences, is a modern kitchen-cabinet. The kitchen should be provided with liberal shelf and cupboard space, and brass hooks to accommodate "hangable" articles should be screwed into the walls and casings at convenient points.

In the selection of minor equipment and supplies, an almost unlimited choice is available. But the following lists contain practically everything that may be considered essential for the purposes of the average housewife. These lists will serve as a convenient purchase guide for those who are furnishing and stocking a kitchen for the first time; and they will also be useful as check-lists in making occasional inventories of equipment and provisions on hand.

### *GENERAL KITCHEN NECESSITIES*

Covered garbage-pail
Waste-paper basket
Broom
Dust-pan and brush
Long-handled mop
Dish-towel rack
Roller-towel rack
6 dish-towels
2 roller-towels
2 dish-cloths
2 large dish-pans
Dish-mop
Metal dish-cloth
Wire dish-drainer
Soap-shaker
Sink-strainer
Soap-dish
2 asbestos holders
2 asbestos mats
Bread-and-cake box
Scales
Can-opener
Corkscrew
Scissors
Large salt-shaker
Large pepper-shaker

### *PREPARING AND MIXING UTENSILS*

Bread-board
Rolling-pin
Flour-sifter
2 mixing bowls—large and small
Measuring-cup
Set of measuring-spoons
Wire egg-beater
Dover egg-beater
Lemon-squeezer
Potato-ricer
Grater
Strainer
Colander
Food-chopper
Small chopping-bowl and knife
Doughnut-cutter
Biscuit-cutter
Cookie-cutter
Apple-corer
2 tablespoons
2 enamelled mixing-spoons
Wooden cake-spoon
2 teaspoons
Vegetable-knife
Palette-knife
Bread-knife
Grapefruit-knife
2 forks
Long-handled meat-fork

### *COOKING UTENSILS*

Teakettle
Coffee percolator
Double-boiler
Teapot
Steel frying-pan with cover
Enamelled frying-pan
3 covered saucepans—small, medium, and large
Steamer
Roasting-pan
Broiler
Iron frying-kettle
2 covered baking-dishes or casseroles—small and medium-sized
2 small individual baking-dishes
Bread-pan
Cake-pan with centre tube
3 layer-cake pans
Pie-pan
Muffin-pan
Griddle
Perforated spoon
Omelette-turner

## *STAPLE SUPPLIES*

| | | |
|---|---|---|
| Flour | Molasses | |
| Granulated sugar | Chocolate | |
| Pulverized sugar | Vanilla | |
| Brown sugar | Cinnamon | |
| Tea | Clove | |
| Coffee | Nutmeg | |
| Cocoa | Mustard | |
| Rice | Paprika | |
| Tapioca | Gelatine (granulated) | |
| Oatmeal | Raisins | |
| Corn-meal | Potatoes | |
| Dried beans | Onions | |
| Salt | Butter | *To be kept in the ice-box* |
| Pepper | Eggs | |
| Baking-powder | Milk | |
| Soda | Cream | |
| Corn-starch | Lard | |
| Vinegar | Olive-oil | |

## *HANDLING THE RECIPE*

In preparing to cook, start with a clean and clear kitchen-table. Then set out the various utensils called for in the recipe to be followed, and see that you have conveniently at hand all the materials that will be required. In turning to the shelves or cupboard for small amounts of staple materials—sugar, flour, salt, etc.—place the receptacles back immediately where they came from after the material needed for the recipe has been taken out. Do not confuse and hinder your operations by having the work-table strewn with cans and jars and dishes that properly belong upon the shelves. Have a place for everything, and keep everything in its place.

With the utensils placed on the table, and the materials either set out or ready at hand, glance through the recipe and make a mental note of the different processes and stages involved. This will enable you to economize

your time and movements, and to work intelligently toward a final result that is always clearly in view.

If the recipe to be used requires boiling water, place the teakettle over the fire before starting the other operations.

In the intervals between the different stages, if there is time, clear up your table and wash such utensils already used as will not be required again. Where several things are being cooked simultaneously, or nearly so, this may not be possible; but it is always desirable in the interests of cleanliness and economy.

Do not forget that, with very few exceptions, the recipes in this book are planned to serve *two persons only.* If more than two persons must be served, the amounts of the various materials and usually the cooking time should be increased proportionately beyond the amounts and the time stated in the recipes.

## *DIRECTIONS FOR MEASURING*

Successful results in cookery are in large part dependent upon the *exact* measurement of materials. Do not attempt to cook without the aid of a standard measuring-cup, clearly marked for the half, third, and quarter cups; and a set of standard measuring-spoons, consisting of a tablespoon, half-tablespoon, teaspoon, half-teaspoon, and quarter-teaspoon. Measure everything in these utensils, and in these only.

*Level* measurements are called for in all the recipes in this book. Every reference to a "cup" of material means a *level* cupful; every reference to a "spoon" means a *level* spoonful. Fill the cup or spoon with the material to be measured, then with a palette or other straight-edged knife scrape off all the material that is not actually con-

tained in the cup or in the bowl of the spoon. These remarks apply of course only to dry materials, as liquids are bound to level themselves.

Butter, to be measured accurately, must be soft enough to be pressed down into the cup or spoon; if too hard to be managed in this way, it should be heated slightly before measuring. In measuring flour for the cake recipes, the flour should be sifted directly into the measuring-cup; in other words, it should be measured *after* sifting, rather than before.

Keep the measuring utensils—the measuring-cup, measuring-spoons, and palette-knife—always conveniently at hand in cooking. They will be required in the case of most of the recipes contained in this book, and to economize space they are not included in the list of utensils given at the head of the various recipes.

## *REGULATING THE HEAT*

While electricity is perhaps the ideal cooking medium, the majority of households are still dependent upon gas; and in the preparation of this book it has been assumed that the cooking will be done upon a gas-range. However, in nearly all cases the directions given may be successfully followed no matter what fuel or kind of stove is used, although the problem of heat-regulation is much more easily controlled with gas than with coal or wood. Important as this problem is, only a few rather rough suggestions for dealing with it satisfactorily can be given here. Actual experience is the only trustworthy guide.

In general, it may be said that the amateur cook comes to grief far more often through using too much rather than too little heat. Very seldom, if ever, is the full heating capacity of an oven or a surface burner required

in cooking anything. In *preparing* to cook, it is sometimes necessary to secure the maximum temperature in the shortest possible time; and in such a case the burners may of course be turned on full. But during the actual cooking process, it is seldom indeed that the best results will not be achieved with a somewhat reduced heat.

The terms "slow oven," "moderate oven," and "hot oven," which are used in this and practically all other cook-books, do not readily lend themselves to exact definition. Roughly speaking, for a "slow oven" the burners are turned on only about one-quarter of their full capacity; for a "moderate oven," about one-half full; and for a "hot oven," about three-quarters full. Again roughly speaking, a "slow oven" is one which feels warm but not hot to the hand; a "moderate oven" feels hot, but still not uncomfortably so even if the hand is held in the oven for several seconds; a "hot oven" feels so hot that the hand must be immediately withdrawn. The most improved gas-ranges now have oven-gauges which may be set so as to regulate these three temperatures automatically; but in the absence of such a device, the above suggestions are about all that can be offered until experience shows the way. In nearly all cases the oven should be lighted ten or fifteen minutes before it is actually needed.

In boiling liquids over a flame, it is often desirable to have the fullest possible flame in order that the boiling-point may be quickly reached. As soon as that point is reached, however, the flame should be at once reduced to the lowest point at which the boiling process will still continue. Otherwise, there will be a waste both of the liquid in evaporation and of the fuel. It is sometimes advisable to slip an asbestos mat between a saucepan or frying-pan and the flame, in order to reduce the cooking temperature and prevent scorching.

## *A FEW DEFINITIONS*

The following is by no means intended as a complete glossary of cookery terms, but includes only those special words or phrases in commonest use the meaning of which it is necessary or desirable that the amateur cook should understand.

**Baking.** The process of cooking by diffused heat in an oven.

**Basting.** The process of moistening roasting meat of any kind, to prevent burning, by dipping up the liquid from the roasting-pan with a large spoon and pouring it over the surface of the meat from time to time during the roasting.

**Beating.** The method by which cooking materials, either singly or in combination, are put into quick and constant motion, being turned over and over, and the under part brought continually to the surface. Unlike the "stirring" process, in "beating" a large amount of air is combined and enclosed with the material that is beaten.

**Boiling.** The process of cooking food in boiling water.

**Broiling.** The process of cooking meats by direct contact with the fire or with a heated surface, either on top of the stove or in the oven.

**Creaming.** As applied to butter, and to mixtures in which butter is the chief ingredient, this denotes the process of rubbing, pressing, and stirring the butter or butter mixture with a wooden spoon until it becomes soft and thoroughly pliable. In cold weather, the bowl in which butter is "creamed" should be warmed before the butter is put into it.

**Cutting and Folding.** The process by which beaten egg-whites are ordinarily combined with other materials. It consists in placing the egg-whites and the other materials in a bowl, and then with a large spoon cutting slowly down through and through the entire contents of the bowl, lifting and turning the spoon at frequent intervals, and repeating these motions until all the materials are combined. This process is necessary in order that the air which has been combined and enclosed with the egg-whites in beating shall not escape—as it would do if the ordinary methods of mixing were followed.

**Dredging.** The process of sprinkling flour or other powder-like material over anything that is to be or has been cooked.

**Frying.** The process of cooking by direct immersion in some form of fat heated to a very high temperature.

**Lukewarm.** Moderately warm; neither decidedly hot nor decidedly cold.

**Mincing.** The process of cutting or chopping anything into small bits.

**Mixing.** Any method by which materials are combined in cookery, whether by "stirring," by "beating," or by "cutting and folding."

**Parboil.** To boil partially; a method commonly followed with some kinds of meat, either to preserve it until ready for the final cooking process or to render it more tender for cooking in the ordinary way.

**Roasting.** Strictly speaking, the process of cooking over a clear fire, with some form of metal reflector to concentrate the heat on the material that is being cooked. In common usage, however, there is little clear differentiation between "roasting" and "baking."

**Searing.** As a method of closing the pores of meat, and thus retaining the juices while cooking, this consists in bringing the surface of the meat in direct contact for a moment or two with the flame or with some very hot metal surface.

**Shredding.** The process of pulling or breaking anything into very small pieces.

**Simmer.** A liquid "simmers" when it is kept at the stage just before boiling begins—the stage at which small bead-like bubbles appear on the bottom of the utensil and rise slowly to the surface of the liquid.

**Singe.** As commonly used in cookery, to burn off the minute "pin-feathers" of a chicken or other fowl before cooking, by holding it for a moment directly in a flame and turning it constantly so that the entire surface comes in contact with the flame.

**Steaming.** The process of cooking by steam from boiling water. This requires a special form of utensil.

**Steep.** To soak or bathe for a considerable time in water—ordinarily hot, or at least warm, water—contained in a covered utensil.

**Stewing.** The process of cooking food in a small amount of hot water kept just below the boiling-point. "Stewing" requires a longer time than "boiling," but the cooking is more thorough and more of the actual nutriment is retained.

**Stirring.** As a means of blending various materials, or of preventing liquids from burning while cooking, this consists of circular motions made through the material with a spoon, the motions being gradually widened and contracted during the process, with the spoon kept in continual contact with the bottom of the utensil.

**Threading.** When sugar and water has reached a certain stage in the boiling process, a few drops poured from the end of a spoon will form into a thin hair-like thread. This is known as the "threading" stage.

## *SOME USEFUL SUGGESTIONS*

Warm food should never be put in the ice-box, but should stand outside until it becomes cool.

Two or three yards of clean white cheese-cloth should always be kept in the kitchen. It will be found useful for many purposes.

In using a double-boiler, it is important to see that the lower compartment is always kept about half full of boiling water. As the water boils away, more should be added from time to time.

Use a small soft brush or a piece of tissue-paper wadded up into a soft ball for buttering baking-dishes. If the pans are heated slightly just before buttering, the process is made much easier.

Twenty minutes or so before meal-time, the dishes required for serving hot food should be placed on the warming-shelf or in the warming-compartment of the stove, so that they will be thoroughly warm when the meal is ready to serve.

The tissue-paper wrappings of oranges, grapefruit, etc., should always be straightened out and placed on a hook in the kitchen, for use in draining fried food, in wiping out greasy pans and dishes before washing, and in numerous other ways.

A jar or bowl in which to pour all fat and drippings left from cooking meat, especially bacon and other forms of pork, should be kept conveniently at hand. This fat

may be used for frying eggs, potatoes, etc., and may also be used instead of butter in making muffins and in greasing muffin-pans.

Bits of stale bread and crackers should always be saved, and from time to time rolled out on a bread-board into crumbs. These crumbs are useful in many ways. When ready to use them, they may be "buttered" if desired, by adding one tablespoon of melted butter and a quarter-teaspoon of salt to a half-cup of crumbs, and mixing well together.

To separate the white from the yolk of an egg when each is to be beaten separately, crack the shell, then pull the shell apart and pour the contents back and forth from one half of the shell to the other, allowing the white to drop off gradually into a bowl while still keeping the yolk in the shell. When nothing is left in the shell but the yolk, this should then be put into another bowl. If the white is beaten first, it will not be necessary to wash the beater before beating the yolk.

When frying anything in "deep fat," from two to three pounds of fat should be used, and the kettle containing the fat should be set over a slow fire at least ten minutes before the frying process begins. The fat must be carefully watched and handled, as a serious accident can easily be caused by its spilling or catching fire. It should never be smoking hot for cooking; tests should be made from time to time with small bits of the material to be fried, and the heat regulated on the basis of these tests. The moment all the material has been fried, the kettle should be taken off the fire and set in some safe place to cool for a few minutes. Then pour out the fat through a fine strainer or piece of cheese-cloth into a bowl or jar kept for this purpose. After it is thoroughly cold, the fat should be placed in the ice-box.

# SOUPS

## SOUP STOCK

*MATERIALS*

1½ pounds veal
1½ pounds beef
1 onion—sliced
6 cloves
1 bay-leaf
2 sprigs parsley
2 celery tops
3 quarts cold water

*UTENSILS*

Large covered saucepan
Vegetable-knife
Large spoon
Colander
Bowl
Quart measure

*DIRECTIONS*

1. Put all the materials in a saucepan, cover the pan, place it on the fire, and bring slowly to the boiling-point.
2. With a large spoon, skim off the foam and other surface deposits.
3. Reduce the heat, cover the saucepan tightly, and let simmer three hours.
4. Take from the fire, pour the contents of the saucepan through a colander into a bowl, and set the bowl in a cool place overnight.
5. In the morning, remove the cake of fat from the surface of the Soup Stock, and place the bowl in the ice-box until needed from time to time in the preparation of soup, gravy, etc.

*REMARKS*

The knuckle or shin-bone of beef and veal is suitable for making Soup Stock. The meat and bone should be cut by the butcher into small pieces.

Soup Stock is the basis for many kinds of soup, and is sometimes used in making gravy or sauce.

## BOUILLON

Bouillon consists of Soup Stock (page 14), with seasoning added. Use 1½ cups of the stock, ½ teaspoon of salt, and a little pepper. Place in a small saucepan and bring slowly to the boiling-point. Serve in cups, either hot or cold, with Toasted Crackers (page 20) or Croutons (page 20). To make Tomato Bouillon, add ½ cup of tomato juice to the Soup Stock.

## CONSOMMÉ

Use 1½ cups of Soup Stock (page 14), 1 teaspoon of salt, and a little pepper. Add to this ¼ cup of either fine-chopped cooked vegetables, cooked rice, or macaroni. Place in a small saucepan, and bring slowly to the boiling-point. Serve hot with either plain or Cheese Crackers (page 20).

## VEGETABLE SOUP

*MATERIALS*

2 cups Soup Stock (page 14)
1 small carrot
1 small onion
1 small turnip
1 small potato
½ cup chopped cabbage
½ cup chopped celery
1 tomato—fresh or canned
½ tablespoon chopped parsley
1½ teaspoons salt
Pepper

*UTENSILS*

Medium-sized covered saucepan
Vegetable-knife
Small saucepan

### *DIRECTIONS*

1. Peel all the vegetables, and cut them into small pieces.
2. Boil the carrot and turnip one-half hour in a small saucepan, adding boiling water from time to time to make up for evaporation. Drain off the water.
3. Put all the materials in a medium-sized saucepan, cover the pan, place it on the fire, and let simmer slowly for one hour.

### *REMARKS*

It is not practicable to make this particular soup in a smaller quantity.

## CREAM OF VEGETABLE SOUP

The general method described below may be followed for making any form of creamed vegetable soup—asparagus, cauliflower, celery, corn, green-pea, potato, tomato, spinach, or onion. The vegetable used may be either canned or fresh; in the latter case, however, it must be previously cooked.

*MATERIALS*

1 cup White Sauce No. 1
½ cup vegetable pulp

*UTENSILS*

Colander or potato-ricer
Bowl
Potato-masher

### *DIRECTIONS*

1. Make White Sauce No. 1 according to directions on page 150.
2. Prepare the vegetable pulp by rubbing the canned or cooked vegetable through a colander with a potato-masher, or pressing it through the potato-ricer.
3. Add the vegetable pulp to the White Sauce, and mix.
4. Place the saucepan over the fire until the soup is thoroughly heated.

### *REMARKS*

In making cream of tomato soup, a speck of soda must be added to the tomato to prevent the latter from curdling the milk.

For cream of potato soup, omit flour from the White Sauce, and add a little onion juice and chopped parsley for added flavor.

## OYSTER STEW

*MATERIALS*

½ pint oysters
2 cups milk
1 tablespoon flour
1 tablespoon butter
1 teaspoon salt
Pepper

*UTENSILS*

Strainer
Small saucepan
Medium-sized saucepan

### *DIRECTIONS*

1. Pour the oysters into a strainer, allowing the liquid to drain into a small saucepan.
2. While the oysters are still in the strainer, pour cold water through them.
3. Put the oysters into the saucepan with their liquid.
4. Place the saucepan over a very low fire, heating until the oysters begin to curl around the edges, then take the saucepan from the fire.
5. Put the butter in the medium-sized saucepan and allow it to melt over the fire.
6. Add the flour, salt, and pepper to the melted butter, and mix thoroughly.
7. Add the milk slowly to this mixture, stirring constantly, and continue heating until it boils.
8. Add the oysters and their liquid, and bring the whole to a boil.

### *REMARKS*

As soon as oysters arrive from the store they should be poured into a bowl and put in the ice-box until time to prepare and serve them.

## CREOLE SOUP

*MATERIALS*

1 tablespoon green pepper
1 tablespoon red pepper
1 tablespoon flour
1 tablespoon butter
1½ cups Soup Stock (page 14)
1 cup tomato pulp
¼ cup corn
1 teaspoon salt
Pepper

*UTENSILS*

Vegetable-knife
Medium-sized covered saucepan
Strainer
Bowl

### *DIRECTIONS*

1. Chop or cut the peppers into very small bits.
2. Melt the butter in a saucepan.
3. Add the flour and chopped peppers, and mix thoroughly.
4. Add the Soup Stock and tomato pulp slowly, stirring constantly until the boiling-point is reached.
5. Reduce the heat, cover the saucepan, and let simmer for twenty minutes.
6. Strain into a bowl, season, and add the corn.
7. Replace in the saucepan, reheat, and serve at once.

### *REMARKS*

Canned corn is ordinarily used for this recipe. If fresh corn is used, it must first be boiled, and then cut from the cob.

## SOUP ACCESSORIES

### Toasted Crackers

Put ¼ teaspoon of butter in the centre of each cracker, and bake on a pie-plate until slightly brown. Use unsweetened crackers for this purpose.

### Cheese Crackers

Sprinkle grated cheese over the crackers, arrange them on a pie-plate, and bake until the cheese melts.

### Croutons

Cut stale bread into ½-inch squares, and brown either in the oven or in melted butter in the frying-pan. The croutons should be placed on the table in a dish or bowl, with a spoon for serving.

# *FISH*

## FISH BROILED IN OVEN

*MATERIALS*

Fish weighing from 2 to 4 pounds
Salt
Pepper
Butter
Lemon
Pimento or parsley

*UTENSILS*

Broiler or shallow baking-pan
Sharp knife
Pancake-turner
Long-handled fork

*DIRECTIONS*

1. Remove the head and tail, wash the fish thoroughly and split it lengthwise down the back.
2. Grease the broiler or baking-pan thoroughly, open the fish, and place it flat on the broiler or baking-pan with the skin side down.
3. Place the broiler or baking-pan in the lower oven, close to the flame, and cook for five minutes.
4. Reduce the heat by turning the gas down or lowering the rack of the oven.
5. Cook from twenty to forty minutes, depending upon the weight of the fish.
6. With a long-handled fork and a pancake-turner, carefully lift the fish onto the hot platter, sprinkle the fish with salt and pepper, put a few bits of butter on it, squeeze a little lemon juice over it, and garnish the platter with sprigs of parsley.

## FISH BROILED IN FRYING-PAN

*MATERIALS*

1 pound small fish or fish-steaks
½ cup corn-meal or bread crumbs
¼ cup lard or drippings
Salt
Pepper

*UTENSILS*

Plate for crumbs
Covered frying-pan
Long-handled fork
Colander and paper

### *DIRECTIONS*

1. Wash the fish, dry it, and roll it in corn-meal or bread crumbs.
2. Melt the lard or drippings in a frying-pan over the fire.
3. When the fat begins to smoke, place the fish in it.
4. Reduce the heat, cover the pan, and cook slowly for five minutes.
5. Remove the cover of the pan and brown the fish on both sides.
6. Put the fish in soft crumpled paper in the colander, sprinkle with salt and pepper, and serve as soon as possible.

### *REMARKS*

Small fish cooked in this way should be split, but the heads and tails need not be removed.

A little additional fat may be added during the cooking process, if necessary to prevent burning.

## BAKED FISH

*MATERIALS*

Fish weighing 2 pounds or more
Stuffing
6 slices salt pork
Salt
Pepper
Bread crumbs
Flour

*UTENSILS*

Large needle, with thread
Baking-pan
Large spoon

### *DIRECTIONS*

1. Make the stuffing in accordance with directions on page 24.
2. Wash the fish, stuff it, and sew it up.
3. Place slices of salt pork on the bottom of a baking-pan, and lay the fish on these slices.
4. Sprinkle the fish with salt, pepper, flour, and bread crumbs, and lay two slices of salt pork on the top of the fish.
5. Pour one cup of hot water in the pan around the fish, and place the pan in a moderately hot oven.
6. Cook fifteen minutes to each pound of fish, basting often.

### *REMARKS*

It is taken for granted that the fish will be cleaned by the dealer.

The head and tail may be removed if desired.

Serve with gravy made in accordance with directions on page 25.

## STUFFING FOR BAKED FISH

*MATERIALS*

½ cup bread crumbs
½ cup cracker crumbs
4 tablespoons butter
1 teaspoon chopped parsley
1 teaspoon grated onion
½ teaspoon salt
Pepper

*UTENSILS*

Saucepan
Grater
Vegetable-knife

### *DIRECTIONS*

1. Melt the butter in a saucepan.
2. Add the bread and cracker crumbs to the melted butter, and then add all the other materials, mixing thoroughly.
3. Add boiling water, stirring in a very little at a time, until the mixture is sufficiently moist to hold together well.

### *REMARKS*

In addition to the materials above mentioned, any or all of the following may be added, if desired:

1 teaspoon sweet marjoram
Few grains celery salt
1 teaspoon Worcestershire sauce
1 tablespoon capers
4 olives
teaspoon lemon juice

## GRAVY FOR BAKED FISH

*MATERIALS*

1 tablespoon flour
1 tablespoon butter
1 teaspoon Worcestershire sauce
1 teaspoon lemon juice

*UTENSILS*

Small saucepan
Strainer

### *DIRECTIONS*

1. Melt the butter in a saucepan.
2. Add the flour to the butter, and mix thoroughly.
3. Strain the liquid from the pan in which the fish was baked into a measuring-cup, and add enough hot water to fill the cup
4. Add this liquid to the butter-and-flour mixture, stirring constantly over the fire until it thickens and boils.
5. Add the Worcestershire sauce and lemon juice.

## BOILED FISH

| *MATERIALS* | *UTENSILS* |
| --- | --- |
| Fish weighing from 2 to 4 pounds | Large covered saucepan<br>Colander |

### *DIRECTIONS*

1. Wash the fish, cut off the head and tail, and tie or sew the fish in a piece of clean white cheese-cloth.
2. Put the fish in a large saucepan of rapidly boiling water, to which a tablespoon of vinegar has been added.
3. Reduce the heat at once, and let simmer for thirty minutes if the fish weighs 2 pounds, and fifteen minutes longer for each additional pound.
4. Lift the fish out of the saucepan, and put it into a colander to drain.
5. When thoroughly drained open the cloth, lift the fish out by the sides of the cloth, and roll it carefully onto a hot serving platter.

### *REMARKS*

Serve with Hollandaise Sauce (page 32).

## CREAMED FISH

| *MATERIALS* | *UTENSILS* |
|---|---|
| 1 cup cold fish-flakes | Plate |
| 1 cup White Sauce No. 2 | 2 forks |

### *DIRECTIONS*

1. If left-over fish or canned fish is used, shred it into small pieces with two forks.
2. Make White Sauce No. 2 in accordance with directions on page 150.
3. Add the fish to the White Sauce in the saucepan, set the saucepan over the fire, and heat to the boiling-point, stirring slowly to prevent scorching.

### *REMARKS*

Serve on strips of buttered toast.

If desired, the creamed fish may be put in a baking-dish, covered with buttered bread crumbs, and baked for fifteen minutes in a moderate oven, or until browned.

## FRIED OYSTERS

*MATERIALS*

½ pint oysters
1 egg
Salt
Pepper
Bread crumbs
Fat for frying

*UTENSILS*

Strainer
Bowl
Dover beater
Frying-kettle
Long-handled fork
Colander with paper

### *DIRECTIONS*

1. Put the oysters in a strainer, let the liquid drain away, and then pour cold water through the oysters in the strainer.
2. Beat the egg in a small bowl.
3. Roll each oyster in the bread crumbs, then dip it in the beaten egg, and roll again in the crumbs.
4. Fry the oysters in hot fat until well browned, putting each oyster as it is fried on soft paper in a colander.

## SCALLOPED OYSTERS

*MATERIALS*

½ pint oysters
1 cup White Sauce No. 2
1 cup buttered cracker crumbs

*UTENSILS*

Baking-dish
Strainer

### *DIRECTIONS*

1. Make White Sauce No. 2, according to directions on page 150.
2. Put the oysters into a strainer, draining the liquid into the White Sauce in the saucepan.
3. Pour cold water through the oysters in the strainer.
4. Mix the oysters and the White Sauce together.
5. Put half the mixture into a baking-dish, cover with ½ cup of the cracker crumbs, add the remainder of the oysters, and cover with the rest of the crumbs.
6. Bake in a moderate oven for fifteen minutes, or until browned.

### *REMARKS*

See Remarks under Oyster Stew (page 18).

## CREAMED SALT CODFISH

*MATERIALS*

½ pound salt codfish
1 cup White Sauce No. 2

*UTENSILS*

2 forks
Strainer
Tablespoon
Saucepan

### *DIRECTIONS*

1. Soak the fish overnight in cold water.
2. Shred the fish with two forks, removing the skin and bones.
3. Put the shredded fish in a saucepan of boiling water, reduce the heat, and let simmer gently for ten minutes.
4. Pour the cooked fish into a strainer, and with a spoon press out all water.
5. Make White Sauce No. 2, in accordance with directions on page 150.
6. Add the fish to the White Sauce, mix well, and reheat.

### *REMARKS*

Creamed Codfish is usually served on a platter garnished with bits of buttered toast, slices of hard-boiled egg, or slices of lemon.

## CODFISH BALLS

*MATERIALS*

¼ pound salt codfish
3 or 4 potatoes
1 egg
½ teaspoon salt
Fat for frying

*UTENSILS*

2 forks
Saucepan
Bowl
Dover beater
Strainer
Bread-board
Colander with paper
Frying-pan
Perforated spoon

*DIRECTIONS*

1. Soak the fish overnight in cold water.
2. Boil and mash the potatoes in accordance with directions on pages 66 and 68.
3. Remove all skin and bones from the fish, and shred it with two forks.
4. Put the shredded fish into a saucepan of boiling water, reduce the heat, and let simmer gently for ten minutes.
5. Remove the saucepan from the fire, pour the contents through a strainer, and with a spoon press out all the water from the fish.
6. Measure the fish in a cup, and add it to twice as much mashed potato as there is fish.
7. Beat the egg and add it with the salt to the fish and potato, mixing the whole thoroughly.
8. Sprinkle flour on the bread-board, and put the mixture a spoonful at a time on the board, rolling or moulding each spoonful into a ball.
9. Fry the balls in plenty of hot fat in a frying-pan.
10. When the balls are browned, lift them from the fat with a perforated spoon, and place them on soft crumpled paper in the colander.

## Hollandaise Sauce

*MATERIALS*

3 tablespoons butter
2 tablespoons flour
2 eggs (yolks only)
2 tablespoons vinegar or lemon juice
½ teaspoon salt
¼ teaspoon paprika
Few grains cayenne

*UTENSILS*

Bowl
Dover beater
Double-boiler
Tablespoon

### *DIRECTIONS*

1. Beat the 2 egg-yolks in a bowl.
2. Melt the butter in the upper part of the double-boiler, placing this part directly over the fire.
3. Add the flour to the melted butter, and mix well.
4. Add ½ cup of hot water, and stir constantly over the fire until the boiling-point is reached.
5. Pour this mixture into the bowl with the beaten egg-yolks, stirring together well.
6. Pour the mixture from the bowl into the upper part of the double-boiler, set this part into the lower part, and place the boiler over the fire.
7. Beat the mixture with the dover beater, while cooking, until it becomes fairly thick.
8. Add the seasonings mentioned above.

### *REMARKS*

One teaspoon of chopped parsley and ½ teaspoon of grated onion may be added with the other seasonings, if desired.

## Lemon Butter Sauce

*MATERIALS*

4 tablespoons butter
1 tablespoon lemon juice
1 teaspoon finely chopped parsley

*UTENSILS*

Tablespoon
Bowl
Knife
Lemon-squeezer

### *DIRECTIONS*

1. "Cream" the butter.
2. Add the lemon juice slowly to the butter while stirring, then add the chopped parsley, and mix thoroughly.

### *REMARKS*

Serve with boiled or baked fish. All the sauce may be placed on the hot whole fish when the latter is ready for serving, or it may be added to the individual portions at the table.

# MEATS

## ROAST MEAT

Wipe the meat with a piece of cheese-cloth wrung out in cold water, place it in a roasting pan, and rub salt over the surface of the meat. Place the pan in a hot oven and cook for ten minutes. Then reduce the heat and pour a cup of cold water over the roast. Baste the roast with liquid from the pan every fifteen minutes while it is in the oven.

Beef, mutton, and lamb should roast in a moderate oven fifteen minutes for every pound of meat in the roast. Veal and pork should roast in a slow oven thirty minutes for each pound.

If a self-basting pan is used for roasting, the cover should be fitted tightly over the lower part of the pan after the cold water has been poured over the roast, and then need not be removed during the cooking.

Peeled potatoes, boiled for ten minutes, may be put in the pan with the roast during the last three-quarters of an hour that it is in the oven, and then served on the same platter with the roast.

Pork (which should only be used in cold weather) is usually served with baked apples or apple-sauce.

## GRAVY FOR ROAST MEAT

*MATERIALS*

¼ cup liquid from roasting-pan
¼ cup flour
1 teaspoon salt
Pepper
2 cups hot water

*UTENSILS*

Large spoon
Bowl

*DIRECTIONS*

1. After the meat has been taken from the roasting-pan, pour off into a bowl all but about ¼ cup of the liquid in the pan.
2. With a large spoon, rub and mix the flour into the liquid in the pan.
3. Put the pan over the fire, slowly add the hot water while stirring constantly, and allow the mixture to cook until it thickens and boils.
4. Add salt and pepper.

## BROILED STEAKS OR CHOPS

*MATERIALS*

Any of the following:
Porterhouse steak
Sirloin steak
Filet of beef, sliced
Pork tenderloins
Mutton, lamb, or pork chops

*UTENSILS*

Broiler or frying-pan
Meat-fork

### *DIRECTIONS*

1. Heat the broiler or frying-pan, and grease it with a piece of fat cut from the meat.
2. Wipe the meat with a piece of clean damp cloth, and put it on the hot frying-pan or broiler.
3. After cooking for two minutes, turn the meat over. This will sear the surfaces and hold the juices in the meat.
4. Reduce the heat, and cook from fifteen to thirty minutes, depending upon the thickness of the meat, turning every five minutes.
5. Shake a little salt and pepper on both sides of the meat just before it is done, and add a few bits of butter when ready to serve.

### *REMARKS*

Pork requires a longer period of cooking and a lower temperature than either beef, mutton, or lamb. Cook pork chops or tenderloins at least three-quarters of an hour; and if a frying-pan is used instead of a broiler, cover the pan immediately after searing the meat and reducing the temperature.

## VEAL CUTLETS

| *MATERIALS* | *UTENSILS* |
|---|---|
| Slice of veal ½-inch thick | Knife |
| Bread crumbs | Saucepan |
| ¼ cup fat for frying | Fork |
| 1 egg | Plate |
| 1½ tablespoons flour | Bowl |
| 1½ tablespoons butter | Dover beater |
| ½ teaspoon salt | Frying-pan |
| Pepper | Tablespoon |

### *DIRECTIONS*

1. Cut the veal into pieces of suitable size for individual portions.
2. Put the pieces of veal into a saucepan, barely cover them with boiling water, set the pan over a low fire, and simmer about thirty minutes or until the veal is tender.
3. Take the veal from the saucepan, increase the heat, and let the liquid in the saucepan boil down until only one cup remains.
4. Pour the liquid from the saucepan into a cup.
5. Melt the butter in the saucepan, add the flour, salt, and pepper, and stir together.
6. Add half the liquid in which the veal has cooked, and stir over the fire until the mixture begins to thicken.
7. Add the remainder of the liquid, and stir until the mixture boils, then take the saucepan from the fire.
8. Beat the egg in a bowl, dip the pieces of veal in the beaten egg, then roll them in crumbs, and fry in hot fat in the frying-pan, browning well on both sides.
9. Put the veal on a hot platter, and pour the hot gravy from the saucepan over it.

## VEAL LOAF

*MATERIALS*

2 pounds veal
⅛ pound ham
⅛ pound salt pork
½ cup bread crumbs
¼ cup milk
2 tablespoons butter
½ teaspoon salt
½ teaspoon paprika
½ teaspoon onion juice
½ lemon
1 egg

*UTENSILS*

Mixing-bowl
Tablespoon
Grater
Lemon-squeezer
Small bowl
Dover beater
Small saucepan
Bread-pan

*DIRECTIONS*

1. Have the veal, ham, and salt pork finely minced by the butcher.
2. Put the bread crumbs in the mixing-bowl, add the milk, and let stand ten minutes.
3. Squeeze the juice from the lemon and grate the surface from the rind.
4. Put the meat into the mixing-bowl, stirring it with the crumbs and milk.
5. Add the salt, paprika, onion, and lemon, and mix well.
6. Melt the butter in a small saucepan and add it to the mixture in the bowl.
7. Beat the egg and add it to the mixture, stirring the whole thoroughly.
8. Pack the mixture into a buttered bread-pan, and bake one and one-half hours in a slow oven.
9. Turn the loaf out on a platter, and allow it to cool before serving.

## BAKED HAM

*MATERIALS*

1 whole ham—smoked
2 tablespoons brown sugar
3 tablespoons fine crumbs
12 cloves

*UTENSILS*

Scales
Large covered kettle
Sharp knife
Roasting-pan

### *DIRECTIONS*

1. Weigh the ham, and soak it overnight in cold water.
2. When ready to cook it, wash the ham and trim off the hard skin near the end of the bone.
3. Put the ham in a large kettle, cover it with cold water, put the kettle over the fire, and bring slowly to the boiling-point.
4. Reduce the heat, cover the kettle, and let simmer gently until the ham is tender. This will require about thirty minutes of cooking for each pound.
5. Remove the kettle from the fire, and let the ham cool in the water in which it has cooked.
6. Take the ham from the kettle, and with a knife peel off the skin.
7. Put the ham in a roasting-pan, sprinkle the sugar and crumbs over it, and press the cloves into its surface at intervals. Bake one hour in a slow oven.

## BROILED HAM

1. Select a slice of ham about ¾ of an inch thick, and soak it several hours or overnight in cold water.
2. Pour off the cold water, cover the ham with boiling water, and let it stand fifteen minutes.
3. Pour off the hot water, and broil the ham in a frying-pan or on a broiler under the gas, turning the slice every few minutes and cooking slowly until it is well browned.

## IRISH STEW

*MATERIALS*

1 pound beef or mutton
1 small onion
2 medium-sized potatoes
Salt
Pepper
2 tablespoons flour
¼ cup cream or milk

*UTENSILS*

Meat-knife
Covered saucepan
Vegetable-knife
Tablespoon
Small saucepan

### *DIRECTIONS*

1. Cut the meat in pieces about an inch and a half square.
2. Put the meat in a saucepan, and cover with cold water.
3. Place the saucepan on the fire, and bring to the boiling-point.
4. Reduce the heat, cover the saucepan, and let simmer gently for one hour, adding a little hot water from time to time if necessary.
5. While the meat is simmering, peel the potatoes, cut them in quarters, and boil in the small saucepan for twenty minutes.
6. Drain the water from the potatoes, and when the meat has simmered for an hour add the potatoes to it.
7. Mix the flour with the cream or milk, and stir it into the stew.
8. Add the salt and pepper, increase the heat, and let the stew boil quickly for a minute or two.

### *REMARKS*

When the stew has simmered for an hour, there should be about 1 cup of liquid left in the saucepan. If more than that remains, pour off enough so as to leave only about 1 cup.

## BEEF CASSEROLE

*MATERIALS*

1 pound round steak—cut thick
¼ cup French Dressing (page 82)
1 tablespoon butter
1 onion—sliced
1 carrot—sliced
3 sprigs parsley—chopped
2 tablespoons flour
2 cups Soup Stock (page 14) or water
2 potatoes
2 tomatoes—fresh or canned
1 teaspoon salt
Pepper

*UTENSILS*

Sharp knife
Frying-pan
Tablespoon
Casserole

*DIRECTIONS*

1. Wipe the meat with a clean damp cloth, and cut it into pieces about 2 inches square.
2. Put the meat into the casserole, pour the French Dressing over it, and let it stand several hours or overnight.
3. Melt the butter in a hot frying-pan, place the pieces of meat in this and allow them to brown on all sides.
4. Empty the meat from the frying-pan into the casserole.
5. Cook the onion, carrot, and parsley for about ten minutes in the frying-pan, adding a little butter if necessary to prevent burning.
6. Stir the flour, salt, and pepper into the frying-pan with the vegetables, and cook until the flour browns, stirring constantly.
7. Add the Soup Stock or hot water, a little at a time, stirring constantly, and cook until the mixture thickens and boils.
8. Pour the contents of the frying-pan over the meat in the casserole, cover the casserole, and place it in a slow oven to cook for three hours.

9. Peel the potatoes, cut them into small pieces, and brown them in the frying-pan with a little melted butter.
10. Add the potato and tomato to the contents of the casserole at the beginning of the last half-hour of cooking.
11. Remove the cover from the casserole and increase the heat during the last fifteen minutes of cooking.

*REMARKS*

Serve at table directly from the casserole.

## BOILED CORNED BEEF

1. Put 2 or 3 pounds of corned beef into a large saucepan, and cover with cold water.
2. Put the saucepan over the fire, cover it, and allow the water to come slowly to a boil.
3. After boiling for five minutes, remove the surface scum, reduce the heat, cover the pan, and simmer gently for about four hours or until the meat is tender.
4. Remove the saucepan from the fire, and allow the meat to cool in the water in which it has cooked. The corned beef is now ready to slice and serve—with Horseradish Sauce (page 50)—or to use for hash.

## BOILED DINNER

*MATERIALS*

Corned beef (2 or 3 pounds)
2 or 3 potatoes
½ small cabbage
2 turnips
3 or 4 small carrots

*UTENSILS*

Large covered saucepan
Vegetable-knife

*DIRECTIONS*

1. Follow the directions above for boiling the beef.
2. While the beef is boiling, wash and prepare the vegetables. The potatoes, turnips, and carrots should be peeled, and the cabbage cut into two or three parts.
3. After the beef has boiled three hours, put the cabbage and turnips in the water with it. Twenty minutes later add the potatoes and carrots.
4. Continue boiling until the beef has cooked four hours, then drain off the water, put the beef on a hot platter, and arrange the vegetables around it.

## CORNED-BEEF HASH

*MATERIALS*

½ pound boiled corned beef
2 or 3 potatoes
½ cup cream or milk
½ teaspoon salt
Pepper

*UTENSILS*

Chopping-bowl and knife
Frying-pan

### *DIRECTIONS*

1. Peel and boil the potatoes in time to have them cold when needed.
2. Chop the corned beef and potatoes separately in a chopping-bowl.
3. Heat the frying-pan, and grease it well with butter.
4. Measure equal parts of the chopped meat and potatoes into the frying-pan, add the cream or milk and the seasoning, and mix together well.
5. Cover the frying-pan and let it remain on the fire until the hash is thoroughly heated.

### *REMARKS*

Cold left-over beef, veal, mutton, or lamb may be used for hash, instead of corned beef, by following these directions, but substituting Soup Stock (page 14) for the cream or milk and adding a little onion juice to the seasonings.

## BROILED OR BAKED SAUSAGE

| *MATERIALS* | *UTENSILS* |
| --- | --- |
| ½ pound sausage meat, or<br>½ pound link sausages | Frying-pan or pie-pan<br>Pancake-turner |

### *DIRECTIONS*

1. If the sausages are in skins, they should be washed, and the skins pricked at frequent intervals with a darning-needle. If sausage meat is used, it should be rolled or moulded into small balls or cakes.
2. Place the sausage in a hot greased frying-pan directly over the fire, or in a pie-pan in a hot oven.
3. Turn the sausage every few minutes, and when it begins to brown reduce the heat. Then cover the frying-pan or pie-pan, and cook twenty to thirty minutes, depending upon the size of the sausages or cakes.

## BROILED LIVER AND BACON

*MATERIALS*

½ pound liver
4 strips bacon
2 tablespoons flour

*UTENSILS*

Knife
Bowl
Frying-pan
Fork
Tablespoon

### *DIRECTIONS*

1. Cut the liver into small cutlets one-half inch thick, place the cutlets in a bowl, cover them with boiling water, and let them stand five minutes.
2. Drain off the water, and remove the skin and veins from the liver.
3. Put the strips of bacon in a hot frying-pan, and after cooking a few minutes place the liver in the pan with the bacon.
4. Turn both liver and bacon often, and broil about five minutes or until well browned.
5. Take the meat from the frying-pan, and mix two tablespoons of flour into the grease in the pan. When well blended, pour a cup of hot water into it, stirring constantly until it thickens and boils.
6. Pour this gravy over the liver and bacon on a platter, or serve the gravy separately in a gravy-bowl.

## CREAMED DRIED BEEF

| *MATERIALS* | *UTENSILS* |
|---|---|
| ¼ pound dried beef | Bowl |
| 1 cup White Sauce No. 2 | Colander |

### *DIRECTIONS*

1. Remove the skin and fibre from the dried beef, and pull the beef apart into small bits.
2. Put the beef in a bowl, cover it with cold water, and let it soak ten minutes or more.
3. Drain off the water from the beef by pouring through a colander.
4. Make White Sauce No. 2 in accordance with directions on page 150.
5. Add the dried beef to the White Sauce in the saucepan, and let it heat slowly to the boiling-point.

### *REMARKS*

Serve on slices or strips of buttered toast.

## MEAT CROQUETTES

*MATERIALS*

1 cup cooked meat (veal, chicken, or lamb)—finely chopped
½ cup White Sauce No. 3
Bread crumbs
1 egg
1 teaspoon onion juice
½ teaspoon salt
Pepper
Fat for frying

*UTENSILS*

Mixing-bowl
Spoon
Plate
Small bowl
Dover beater
Frying-kettle
Colander and paper
Meat-fork

### *DIRECTIONS*

1. Make White Sauce No. 3, in accordance with directions on page 150.
2. Put the chopped meat in a mixing-bowl and add the White Sauce to it, mixing well together.
3. Stir in the onion juice, salt, and pepper, and set the bowl in a cool place to chill.
4. Cover a plate with bread crumbs, put 1 tablespoon of the cold meat mixture on this, and roll it about until it is coated with crumbs, then mould it into a ball or cylinder with the tips of the fingers. Repeat this operation until all the meat mixture has been shaped.
5. Beat the egg in a bowl, dip each croquette into the beaten egg, and then roll it once more in the bread crumbs.
6. Melt the fat in an iron kettle, and allow it to become very hot.
7. Put the croquettes into the fat, turn them frequently while cooking until they are well browned on all sides, then lift them out with a meat-fork and place them on soft crumpled paper in the colander. Serve as soon as possible after cooking—either plain or with White Sauce No. 1 (page 150).

## TOAD-IN-THE-HOLE

*MATERIALS*

¼ pound cold cooked meat (beef, veal, mutton, or lamb)
3 or 4 potatoes
½ cup cold gravy, Soup Stock or White Sauce No. 2

*UTENSILS*

Meat-chopper
Baking-dish
Tablespoon

*DIRECTIONS*

1. Boil and mash the potatoes in accordance with directions on pages 66 and 68.
2. Put the meat through the meat-chopper.
3. Measure out 2 cups of mashed potato and place this in a buttered baking-dish, pushing the potato up around the sides of the dish, and leaving a hole in the centre large enough to contain the meat.
4. Mix the chopped meat with the cold gravy, Soup Stock (page 14), or White Sauce No. 2 (page 150), and put the mixture in the hole, surrounded by potato.
5. Bake in a hot oven for about fifteen minutes, or until the potato begins to brown.

## SAUCES FOR MEATS

### Tomato Sauce

*MATERIALS*

1 cup tomato pulp
2 tablespoons flour
2 tablespoons butter
½ teaspoon salt
½ teaspoon grated onion

*UTENSILS*

Saucepan
Grater

*DIRECTIONS*

1. Melt the butter in a saucepan.
2. Add the flour, salt, and grated onion, and mix together.
3. Add half the tomato pulp, and stir over the fire until the sauce thickens.
4. Add the remainder of the tomato pulp, and stir until the sauce boils.

### Horseradish Sauce

*MATERIALS*

3 tablespoons grated horseradish
1 tablespoon vinegar
¼ teaspoon salt
Few grains cayenne
4 tablespoons heavy cream

*UTENSILS*

2 bowls
Tablespoon
Dover beater

*DIRECTIONS*

1. Mix the horseradish, vinegar, salt, and cayenne.
2. Beat the cream until stiff, and add it to the other materials, stirring thoroughly.

*REMARKS*

Serve with hot or cold meats.

# POULTRY

## ROAST POULTRY

Assuming that the bird has been cleaned and dressed by the dealer, it should in addition be singed by holding it over a flame and changing its position constantly until the whole surface has been exposed to the flame. Wash the bird in cold water, dry it well, and fill the interior with Stuffing (page 58). Fasten the wings and legs firmly and closely to the body with skewers or stout twine. Put the bird in a roasting-pan with the breast side up, and rub the surface with salt. Make a paste of 3 tablespoons of butter mixed with 2 tablespoons of flour, and spread this over the bird. Place the roasting-pan in a hot oven, and after ten minutes reduce the heat and pour from ½ cup to 2 cups of boiling water over the bird, the amount of water depending upon the size of the bird. Baste every ten minutes by dipping up the liquid from the roasting-pan with a long-handled spoon and pouring it over the bird.

Chicken, duck, and goose should roast twenty minutes for each pound. Turkey should roast thirty minutes for each pound.

If a self-basting pan is used, the cover should be fitted tightly over the lower part of the pan after the water has been poured over the bird and then need not be removed during the cooking.

## GRAVY FOR ROAST POULTRY

After the bird has been removed from the roasting-pan to a hot platter for serving, pour the liquid from the roasting-pan into a measuring-cup. Mix 3 tablespoons of flour with this liquid, stirring and rubbing out every lump. If the cup is not quite full, add enough warm water to fill it; then pour the contents of the cup back into the roasting-pan, or into a saucepan, and set this over the fire, stirring constantly until the gravy thickens and boils. Then add 1 cup of boiling water, and stir until the gravy is smooth and thoroughly blended. Season with salt. If desired, the giblets (heart, liver, and gizzard) may be parboiled slowly for twenty minutes, chopped finely, and added to the gravy.

## BROILED CHICKEN

1. Have the chicken dressed and cut in half (along the back-bone) by the butcher.
2. Singe the chicken if necessary, to remove the pin-feathers.
3. Wash the chicken inside and out, and then wipe it dry on a piece of clean cloth.
4. Place the two pieces on a greased broiler, with the skin side down, and sprinkle with salt and pepper.
5. Put the broiler in the lower oven and cook the chicken fifteen minutes, watching carefully to see that it does not brown too quickly.
6. Put several bits of butter on the chicken, sprinkle again with salt and pepper, and broil five minutes longer, turning the pieces frequently.

### *REMARKS*

Only very young chickens should be cooked in this way. Such smaller birds as squab, quail, etc., may be broiled according to the same directions, but should not be cut in two before broiling.

## FRIED CHICKEN

*MATERIALS*

Chicken
Salt
Pepper
Flour
1 cup lard or similar fat

*UTENSILS*

Meat-knife
Covered saucepan
Colander
Bread-board
Deep frying-pan
Long-handled fork

### *DIRECTIONS*

1. With a meat-knife separate the legs and wings of the chicken from the body, cut the body in two, lengthwise along the back-bone, and cut each half of the body into two parts.
2. Wash the pieces of chicken, and dry them on a clean cloth.
3. Unless the chicken is very young (in which case it will not be necessary to boil it before frying) put the pieces into a saucepan, and barely cover them with boiling water. Cover the saucepan, reduce the heat so that the water will simmer, and cook for about an hour, or until the chicken is tender.
4. Take the saucepan from the fire, drain off the water, and allow the chicken to cool.
5. Sprinkle the bread-board thickly with flour and roll each piece of chicken in the flour, coating it thoroughly.
6. Set the frying-pan on the fire, put the fat into it; and when the fat melts and begins to smoke, put the pieces of chicken into it. Brown the chicken well on both sides, taking each piece from the fat as it is done and shaking a little salt and pepper over it.
7. Prepare gravy as directed in the following recipe, and pour it over the chicken on a hot platter.

## GRAVY FOR FRIED CHICKEN

*MATERIALS*

2 tablespoons hot fat
2 tablespoons flour
¾ cup milk
¾ cup hot water
1 teaspoon salt
Pepper

*UTENSILS*

Bowl
Tablespoon

### *DIRECTIONS*

1. When all the chicken has been taken from the frying-pan, pour out of the pan into a bowl all but about 2 tablespoons of the hot fat in which the chicken has fried, and place the frying-pan over a low flame on the stove.
2. Stir the flour into the fat in the frying-pan, mixing it thoroughly so that no lumps remain.
3. Add the milk and hot water, stirring the mixture constantly until it thickens and boils.
4. Add the salt and pepper.

### *REMARKS*

If a richer gravy is wanted, use 1½ cups of Soup Stock (page 14) in place of the milk and hot water. The heart, liver, and gizzard of the chicken may, if desired, be boiled until tender, then finely chopped and added to the gravy.

## CHICKEN FRICASSEE

*MATERIALS*

Small chicken
4 tablespoons flour
4 tablespoons butter
1½ teaspoons salt
Pepper
1 tablespoon chopped parsley
½ cup cream or milk

*UTENSILS*

Meat-knife
Saucepan
Large spoon
2 bowls

### *DIRECTIONS*

1. With a meat-knife separate the legs and wings of the chicken from the body, cut the body in two, lengthwise along the back-bone, and cut each half of the body into two parts.
2. Wash the pieces of chicken and dry them.
3. Put the chicken in a saucepan and barely cover it with boiling water.
4. Set the saucepan over the fire, cover it, reduce the heat so that the water will simmer, and cook for forty minutes, removing the scum as it rises to the surface of the water.
5. Remove the pieces of chicken from the saucepan to a bowl, and pour the liquid from the saucepan into another bowl.
6. Melt the butter in the saucepan, add the flour, salt, and pepper, and mix thoroughly until no lumps remain.
7. Measure out 3 cups of the hot liquid in which the chicken has cooked, and add it slowly to the butter and flour in the saucepan, stirring constantly until it thickens and boils.
8. Add the cream or milk and the parsley to this gravy, and put the pieces of chicken into it.

9. Reduce the heat, cover the saucepan, and simmer for half an hour.

*REMARKS*

Baking-Powder Biscuit (page 134) may be split in two and arranged around the chicken on the serving platter, and the gravy poured over all. Or, the uncooked biscuit dough may be put by the tablespoonful into the saucepan with the chicken for the last half-hour of cooking, and then served on the same platter.

## CHICKEN PIE

1. Prepare a Chicken Fricassee as directed in the previous recipe.
2. Place a small cup, bottom side up, in the centre of a baking-dish, and arrange the pieces of chicken in the dish around this cup.
3. Pour enough of the gravy into the baking-dish so that it is nearly full, and then allow the whole to cool.
4. Prepare Plain Pastry dough (page 85), roll the dough out into one thick sheet, and make several short cuts through the centre of the sheet with a sharp knife.
5. Fit the dough over the top of the baking-dish, and trim off the dough that projects beyond the edges of the dish.
6. Bake in a moderate oven about thirty minutes, or until the crust is delicately browned.

## CREAMED CHICKEN, TURKEY, OR DUCK

1. Cut several slices of cold cooked fowl into small cubes or dice.
2. Make White Sauce No. 2, in accordance with directions on page 150.
3. Stir about 1 cup of the cut fowl into the White Sauce, and reheat slowly to the boiling-point.
4. Serve on slices of buttered toast. If desired, a small amount of chopped mushrooms, pimentos, green pepper, or olives may be added to the White Sauce with the cut fowl.

## STUFFINGS FOR POULTRY

### Plain Stuffing

*MATERIALS*

3 tablespoons butter
1 cup bread crumbs
½ teaspoon salt
Pepper
1 teaspoon sweet marjoram
¼ teaspoon celery salt
Few grains summer savory
⅓ cup boiling water

*UTENSILS*

Small saucepan
Tablespoon
Mixing-bowl

*DIRECTIONS*

1. Melt the butter in a small saucepan.
2. Mix the crumbs, salt, pepper, marjoram, celery salt, and summer savory in a mixing-bowl.
3. Stir the melted butter into the materials in the bowl.
4. Add the boiling water, and mix the whole together thoroughly.

*REMARKS*

If the stuffing is to be used for a turkey, the amounts of the materials named should be doubled or trebled, depending upon the size of the fowl.

## Oyster Stuffing

Follow the same directions as given above for Plain Stuffing, but add 1 cup of small oysters and 1 cup of finely chopped celery.

## Potato Stuffing

*MATERIALS*

4 or 5 potatoes
Small piece salt pork
1 onion
¼ cup butter
1 egg
1¼ cups bread crumbs
1½ teaspoons salt
1 teaspoon sage

*UTENSILS*

Meat-chopper
Chopping-bowl
Small saucepan
Small bowl
Dover beater
Mixing-bowl
Mixing-spoon

*DIRECTIONS*

1. Boil and mash the potatoes as directed on pages 66 and 68.
2. Put the salt pork through the meat-chopper.
3. Chop the onion in a small chopping-bowl.
4. Melt the butter in a small saucepan.
5. Beat the egg in a small bowl.
6. While the potato is still hot, measure out 2 cups of it into the mixing-bowl. Add ¼ cup of the chopped salt pork, together with all the other materials, and mix thoroughly.

# VEGETABLES

## DIRECTIONS FOR PREPARING AND BOILING VEGETABLES

### Artichokes—French

1. Wash in cold water, remove the outside leaves, and cut off the stems close to the leaves.
2. Cut off about an inch of the tops of the leaves, spread the leaves open from the centre, and remove the core or "choke."
3. Tie a string around each artichoke near the top, and soak them in cold water for half an hour.
4. Drain, put into a saucepan of boiling salt water, and boil from thirty to forty-five minutes, depending upon the age of the artichokes.
5. Remove from the boiling water, and turn each artichoke upside down to drain.
6. Place the artichokes on a serving-dish, and remove the strings.
7. Serve with Hollandaise Sauce (page 32), White Sauce No. 2 (page 150), or Mayonnaise (page 83).

### Artichokes—Jerusalem

1. Scrub the artichokes well, using a brush and cold water, and peel them.

2. Cook in boiling salt water from one to two hours, according to the size and age of the vegetables.
3. Drain through a colander, and season with salt, pepper, and butter.

### Asparagus

1. Cut off the tough root ends of the asparagus.
2. Untie the bunches and wash the stalks thoroughly in cold water, scraping each stalk with a vegetable-knife if necessary.
3. Tie the stalks together again in bunches, with all the tips lying in the same direction.
4. Place the bunches upright in a saucepan half full of boiling water, so that the tips will stand out of the water, and boil from twenty to forty minutes, depending on the age of the asparagus. For the last ten minutes of boiling, turn the bunches down into the water, so that the tips will cook.
5. Drain, season with butter, pepper, and salt, or serve with White Sauce No. 2 (page 150).

### Beans—Shell

1. Shell the beans, and let them stand in cold water for one hour.
2. Put them into a saucepan, and cover with boiling water.
3. Cover the saucepan, and boil slowly from one to two hours, depending upon the age of the beans. There should be very little water left at the end of the cooking, so that seasoning may be added without draining the beans.

## Beans—String

1. Break off the tips of the beans, pulling the strings off with them.
2. Cut or break the beans into pieces about an inch long, wash, and let stand an hour in cold water.
3. Put the beans into a saucepan, and cover them with boiling water. Cover the saucepan, and boil slowly from one to three hours.
4. Drain, and season with butter, salt, and pepper.

## Beets

1. Scrub the beets, and cut off all but one inch of the stems, leaving the roots on.
2. Cook whole in boiling water from one to four hours, depending upon the size and age of the beets.
3. Drain, cover with cold water, and let stand a few minutes.
4. Drain again, and remove the skins.
5. Cut the beets into small cubes or slice them.
6. Reheat in a double-boiler, adding butter, salt, and pepper, and (if desired) sugar.
7. If the beets are to be pickled, cover them with vinegar and let stand several hours.

## Brussels Sprouts

1. Wash, and remove the wilted leaves.
2. Put in cold water and let stand an hour.
3. Drain, put in a saucepan, cover with boiling water, and let boil twenty minutes, or, if the sprouts are large, half an hour.
4. Drain, and season with butter, salt, and pepper. If desired, serve with White Sauce No. 2 (page 150).

### Cabbage

1. Remove the outside leaves, cut the cabbage into quarters, wash in cold water, and let stand an hour in cold water containing a little salt.
2. Drain, put into a saucepan, cover with boiling water, add ¼ teaspoon soda, and boil thirty minutes to an hour, depending upon age.
3. Drain, and serve.

### Carrots

1. Wash, scrape, and cut the carrots into small pieces or slices.
2. Put in a covered saucepan, cover with boiling water, and boil forty-five minutes, or longer if the carrots are old.
3. Drain, and season with butter, salt, and pepper, or add an equal amount of White Sauce No. 2 (page 150).

### Cauliflower

1. Remove the leaves, and cut off the stem.
2. Soak in cold salt water an hour or more.
3. Drain off the water, put the cauliflower in a saucepan, cover with boiling water, and boil twenty minutes.
4. Drain, and separate the flowerets or serve whole, using plain seasoning or White Sauce No. 2 (page 150).

### Celery

1. Separate and scrape the stalks with a vegetable-knife, cut off the leaves and roots, cut into small pieces, and let stand in cold water for half an hour.

2. Drain, put into a saucepan, and cover with boiling water.
3. Reduce the heat, cover the saucepan, and let simmer from thirty minutes to an hour.
4. Drain, and serve with White Sauce No. 2 (page 150).

### Corn

1. Remove the husks and silk, and trim the ends of the ears.
2. Put the ears into a saucepan of boiling water, and boil from ten to twenty minutes.

### Cucumbers

Cucumbers are usually served as a salad without cooking, but they may also be prepared and cooked in the same way as Summer Squash (page 66).

### Greens

1. Wash thoroughly in plenty of cold water.
2. Drain, and cover with boiling water in a saucepan.
3. Cover the saucepan, and boil one hour.
4. Drain through colander, and chop with a sharp knife.
5. Season and serve with vinegar, using slices of hard-boiled egg as a garnish if desired.

### Onions

1. Place the onions in cold water, and remove the skins while under water.
2. Drain the onions, and put them into rapidly boiling water in a saucepan.
3. Boil one to two hours, depending upon size and age.
4. Drain, season, and serve either plain or with White Sauce No. 2 (page 150).

## Oyster Plant

1. Wash, scrape, and put at once into cold water to which a little vinegar or lemon juice has been added.
2. Cut into slices crosswise, and, when ready to boil, drain off the acid water, cover with boiling water in a saucepan, place the cover on the pan, and boil from thirty minutes to an hour.
3. Drain, season, and serve in White Sauce No. 2 (page 150).

## Parsnips

1. Only very young parsnips are satisfactory for cooking. After washing, they may be cooked whole, or peeled and cut in small pieces before boiling. In the first instance, three-quarters of an hour should be allowed for boiling; in the second, about fifteen minutes. If cooked whole, the parsnips should be peeled and sliced after boiling.
2. Plain seasoning should be used, and, if desired, the slices of parsnip may be browned in butter in the frying-pan after boiling.

## Peas

1. Shell the peas, and soak in cold water for an hour.
2. Drain, put in a saucepan, and add a little boiling water.
3. Cover the saucepan, and cook slowly from twenty to forty-five minutes, depending on the size and age of the peas. Only a little water should be left in the saucepan after cooking, and this should not be drained off.
4. Season with butter, salt, and pepper, and serve plain or in White Sauce No. 2 (page 150).

### Potatoes—Irish or Sweet

1. Scrub the potatoes, peel them or not as desired, and let stand in cold water for an hour or more.
2. Drain off the water, put the potatoes in a saucepan, and cover with boiling water to which half a tablespoon of salt has been added.
3. Cover the saucepan, reduce the heat a little, and boil from twenty to forty-five minutes, depending upon the size and age of the potatoes.
4. Drain through a colander.

### Spinach (see Greens)

### Squash—Summer

1. Wash in cold water, and cut in thick slices or in quarters.
2. Put the pieces in a saucepan of rapidly boiling water, and cook twenty minutes or until tender.
3. Drain through a colander, mash, and season.

### Squash—Winter

1. Cut the squash in pieces, pare the hard outside rind from each piece, and remove the seeds and stringy part.
2. Boil in salt water, or cook in the steamer, one hour or until tender.
3. Drain through a colander, and either mash the pieces or serve them as they are.

### Tomatoes

1. Put the tomatoes in a saucepan, pour boiling water over them, and let them stand one minute in the water.

2. Drain, and then pour cold water over them.
3. Remove the skins, and allow the tomatoes to cool.
4. Cut in quarters, or in slices crosswise; put the pieces in a saucepan without water, and cook slowly for twenty minutes.

### Turnips

1. Wash and peel the turnips, and cut them in pieces.
2. Boil in salt water for about three-quarters of an hour or until tender.
3. Drain through a colander, and either mash the pieces or serve them as they are.

## SEASONING VEGETABLES

In general, any cooked vegetable may be properly seasoned by adding 1 tablespoon of butter, ½ teaspoon of salt, and ⅛ teaspoon of pepper for each cup of vegetable.

## CREAMING VEGETABLES

Boiled onions, carrots, cauliflower, peas, beans, potatoes, etc., may be creamed by adding White Sauce No. 2 (page 150), in the proportion of ½ cup of White Sauce to 1 cup of vegetable. After mixing the vegetable and the White Sauce, they should be heated slowly to the boiling-point before serving.

## MASHED POTATOES

*MATERIALS*

3 medium-sized potatoes
2 tablespoons butter
½ cup warm milk
1 teaspoon salt
Pepper

*UTENSILS*

Vegetable-knife
Saucepan
Colander
Potato-masher or ricer

### *DIRECTIONS*

1. Peel and boil the potatoes in accordance with directions on page 66.
2. Drain through a colander, put them back in the saucepan, add the materials mentioned above, and mash with a potato-masher. Or, put through a ricer before adding the other materials.
3. Place in the oven to reheat, if necessary.

## BAKED POTATOES

1. Select potatoes of uniform size, wash them in cold water, and scrub with a stiff brush.
2. Dry the potatoes on a cloth, and put them on the lower rack in a hot oven.
3. Reduce the heat a little, and bake from thirty to sixty minutes, depending upon the size of the potatoes.
4. Take from the oven and pinch each potato until the skin breaks on one side (this allows the steam to escape and prevents sogginess).

## STUFFED POTATOES

1. Follow the first three directions given above for Baked Potatoes.
2. When the potatoes are taken from the oven, cut a slice lengthwise from each potato, and with a sharp knife scrape out the inside pulp into a bowl.
3. Mash the pulp, season with butter, pepper, and salt, add a little milk or cream, and mix well.
4. Fill the potato skins with this mixture, place them on a pie-plate, and put into a moderate oven until the tops brown.

## FRIED POTATOES

*MATERIALS*

3 or 4 medium-sized potatoes
Fat for frying
Salt
Pepper

*UTENSILS*

Vegetable-knife
Bowl
Frying-pan or kettle
Perforated skimmer
Colander with soft paper

### French Fried

Peel the potatoes and cut lengthwise in eighths—or in smaller pieces if the potatoes are large. Soak for an hour in cold water, drain, and dry on a clean towel. Fry in the same way as Saratoga Chips, and season with salt and pepper.

### German Fried

Peel and slice the potatoes crosswise, and soak them in cold water an hour or more. Drain, and dry the potatoes on a clean towel. Cook in a frying-pan containing half a cup of hot fat, turning the potatoes frequently until they are cooked and browned on both sides.

### Saratoga Chips

Peel the potatoes and cut them crosswise into very thin slices. Soak the sliced potatoes in cold water for an hour, then drain and dry them carefully on a clean towel. Have the fat smoking hot in the kettle, put the potatoes in the fat carefully, and let them fry until crisp and light brown. Lift the potatoes from the fat with a perforated skimmer, and put them onto soft crumpled paper in a colander. Sprinkle with salt and pepper.

## HASHED BROWN POTATOES

*MATERIALS*

3 or 4 potatoes
1 tablespoon butter
½ cup cream
1 teaspoon salt
Pepper

*UTENSILS*

Vegetable-knife
Frying-pan
Pancake-turner

### *DIRECTIONS*

1. Prepare and boil the potatoes in accordance with directions on page 66, drain off the water, and let the potatoes cool.
2. Cut or chop the potatoes into small bits, and add the salt and pepper.
3. Melt the butter in a frying-pan, and put the potato in this.
4. Pour the cream over the potato, cover the pan, and cook slowly for fifteen minutes.
5. Remove the cover of the pan, press the potato firmly into the pan, and let it brown on the under side.
6. Lift the potato with the pancake-turner, folding one half over the other, and put it onto a hot serving-dish.

### *REMARKS*

A small quantity of finely chopped green pepper or pimento may be mixed with the potato, if desired.

## SCALLOPED POTATOES

*MATERIALS*

3 or 4 potatoes
1½ cups milk
1½ tablespoons flour
1½ tablespoons butter
1 teaspoon salt
Pepper

*UTENSILS*

Vegetable-knife
Baking-dish

### *DIRECTIONS*

1. Wash, peel, and cut the potatoes into thin slices.
2. Put a layer of sliced potatoes in the baking-dish, sprinkle a part of the flour, salt, and pepper over the potato, and add some of the butter in small bits. Repeat this operation until all the potato, flour, and seasoning has been utilized.
3. Pour the milk into the baking-dish, cover the dish, and put it in a moderate oven for an hour and a quarter. The cover should be off the dish and the heat increased during the last ten minutes of baking.

### *REMARKS*

Grated cheese may be added to each layer with the flour, butter, and other seasonings, if desired; and the top may be covered with buttered crumbs ten minutes before the dish is taken from the oven.

## POTATO CAKES

*MATERIALS*

1 cup cold mashed potato
2 tablespoons butter

*UTENSILS*

Frying-pan
Pancake-turner

### *DIRECTIONS*

1. Mould the mashed potato into four flat cakes, about an inch thick, and sprinkle with flour.
2. Melt the butter in the frying-pan, put the cakes in the pan, and brown them on both sides, turning them with the pancake-turner.

## POTATO SOUFFLÉ

*MATERIALS*

3 medium-sized potatoes
¼ cup cream or milk
1 egg
1 teaspoon salt
Pepper

*UTENSILS*

Tablespoon
Bowl
Dover beater
Baking-dish

### *DIRECTIONS*

1. Prepare, boil, and mash the potatoes in accordance with the recipe on page 68.
2. Measure out 1 cup of the mashed potato, and mix the seasonings and the cream or milk with it.
3. Beat the egg very light, mix it thoroughly with the other materials, and then beat the whole mixture well.
4. Put into a buttered baking-dish, and bake in a hot oven for fifteen minutes or until delicately browned.

## FRIED EGGPLANT

*MATERIALS*

1 eggplant
1 egg
Bread crumbs
Lard or similar fat

*UTENSILS*

Vegetable-knife
Bowl
Dover beater
Plate
Frying-pan
Long-handled fork
Colander with paper

*DIRECTIONS*

1. Peel the eggplant and cut it into slices a quarter inch thick.
2. Soak the slices for several hours in cold salt water.
3. Drain off the water and wipe the pieces of eggplant dry on a clean towel.
4. Beat the egg and dip the pieces of eggplant first in the beaten egg and then in the bread crumbs, coating the whole surface of the slices with each.
5. Melt the fat in a frying-pan, and when it begins to smoke fry the slices of eggplant, browning them on both sides.
6. Drain the slices on soft paper in a colander.

## BAKED BEANS

*MATERIALS*

½ pound dried beans
¼ pound salt pork
½ tablespoon salt
1 tablespoon sugar

*UTENSILS*

Baking-dish or bean-pot
Covered saucepan
Tablespoon
Knife

### *DIRECTIONS*

1. Put the beans in the baking-dish or pot, cover them with cold water, and let stand overnight.
2. Pour off the water, wash the beans in fresh water, and put them in the saucepan.
3. Cover the beans with water, place the saucepan on the stove, and let the water come slowly to a boil.
4. Cover the saucepan, reduce the heat, and let the beans simmer for two hours.
5. Pour the beans, with the liquid in which they boiled, into the baking-dish or bean-pot, and add the salt and sugar.
6. Scald the pork with boiling water, scrape its entire surface with a knife, and slash the rind deeply several times in each direction.
7. Press the pork down into the beans with the rind side up.
8. Cover the dish or pot, put it into a slow oven, and bake three hours, adding a little hot water if necessary to keep the beans moist.

### *REMARKS*

If desired, two tablespoons of molasses may be added with the salt and sugar. This will make the beans browner and sweeter.

## STUFFED PEPPERS

*MATERIALS*

2 large green peppers
¾ cup cold cooked meat or fish finely chopped
½ cup White Sauce No. 2
¼ cup bread crumbs
1 teaspoon onion juice

*UTENSILS*

Vegetable-knife
Saucepan
Tablespoon
Baking-pan

### *DIRECTIONS*

1. Cut a slice from the stem-end of each pepper, and remove the seeds from the inside.
2. Boil the peppers for fifteen minutes in a covered saucepan, then take them from the saucepan, drain off all water, and let them cool.
3. In the same saucepan make White Sauce No. 2 (page 150), using half the amounts called for in the recipe.
4. Add the chopped meat or fish and the onion juice to the White Sauce, and mix thoroughly.
5. With a tablespoon fill the hollow peppers with this mixture, and cover the tops with buttered bread crumbs.
6. Put the peppers in a baking-dish, and bake in a moderate oven from fifteen to twenty minutes.

## CORN FRITTERS

*MATERIALS*

½ cup canned corn
1 egg
¼ teaspoon salt
½ cup flour
½ teaspoon baking-powder
2 tablespoons milk
½ cup fat for frying

*UTENSILS*

Tablespoon
Mixing-bowl
Sifter
Small bowl
Dover beater
Frying-pan
Pancake-turner
Colander with paper

*DIRECTIONS*

1. Stir the corn and milk together in a mixing-bowl, and sift the flour, salt, and baking-powder into this.
2. Beat the egg in a small bowl, add it to the materials in the mixing-bowl, and stir well together.
3. Melt the fat in the frying-pan, and put the mixture into this (when the fat begins to smoke), a separate spoonful at a time. Turn the fritters frequently while frying, so that they will brown on all sides.
4. Drain the fritters on soft crumpled paper in a colander.

## SPINACH à la BÉCHAMEL

*MATERIALS*

½ peck spinach
3 tablespoons butter
2 tablespoons flour
¾ cup milk
¾ teaspoon salt
Pepper

*UTENSILS*

Large covered saucepan
Tablespoon
Frying-pan
Colander
Knife

### *DIRECTIONS*

1. Wash and boil the spinach in accordance with the directions for preparing and boiling Greens on page 64.
2. Drain through a colander, and chop the spinach finely with a knife.
3. Melt the butter in a frying-pan, and add the chopped spinach.
4. Sprinkle the flour over the spinach, and mix thoroughly.
5. Pour the milk slowly into the spinach, stirring all the time, and cook for ten minutes over a slow fire.

### *REMARKS*

Slices of hard-boiled egg may be placed over the top of the dish of spinach just before serving, if desired.

# SALADS AND SALAD DRESSINGS

## GREEN SALADS

Lettuce, cress, endive, and similar greens intended for use as salads should be carefully washed in very cold water, wrapped in a cloth, and placed in the ice-box for several hours before serving. When ready to dress and serve the salad, take it from the ice-box, wipe each leaf on a clean dry cloth, place the leaves in a salad-bowl, and pour French Dressing (page 82) over the leaves. With a salad-fork and spoon toss the leaves about in the bowl until each leaf is well coated with the dressing.

## VEGETABLE SALADS

Tomatoes, cucumbers, Spanish onions, celery, and cabbage are served uncooked as salads, and should be peeled, sliced, chopped, or shredded, and thoroughly chilled before using. French Dressing (page 82) is generally used with these salads, sometimes with the addition of a little Mayonnaise (page 83) placed on the top of each portion. For cabbage, Boiled Dressing (page 84) is commonly used.

Asparagus, beets, cauliflower, beans, peas, potatoes, etc., should be boiled and allowed to cool, and then chilled in the ice-box before being used in salads. They are generally served with a little French Dressing (page 82) to moisten the vegetable, and then Mayonnaise (page 83)

is placed on each portion. Boiled Dressing (page 84) is commonly used for potato salad.

Two or more vegetables may be used together, and cooked and uncooked vegetables are often combined.

## FRUIT SALADS

Apples, cherries, pineapples, oranges, grapefruit, melons, bananas, etc., when used for salads should be prepared by peeling, removing stones or cores, and slicing or cutting into small cubes or dice, depending upon the kind of fruit. These salads are ordinarily served with French Dressing (page 82), sometimes with the addition of Mayonnaise (page 83), and whipped cream in equal parts. Combinations of fruits are often served, and occasionally fruit and uncooked vegetables are combined. Apples, celery, and nuts are frequently served together; and oranges and celery are sometimes combined. A bed of lettuce leaves is nearly always used for fruit salads.

## MEAT AND FISH SALADS

Cold cooked fowl of any kind, and cold roast veal, pork, or ham, when used for salads, should be cut or chopped into small pieces or cubes. Chopped celery should be added to the meat in the proportion of one part celery to two parts meat; and after moistening with French Dressing (page 82), the meat and celery should be thoroughly mixed with Mayonnaise (page 83). Sweetbreads that have been parboiled may be used in combination with any of the above-mentioned meats. Cold cooked fish or canned fish intended for a salad should be shredded with two forks, and then used in the same way as meat for a salad. Nuts, hard-boiled egg, capers, onion, pickles, olives, pimentos, parsley, etc., may be added in finely chopped form to any kind of meat or fish salad.

## TOMATO-JELLY SALAD

*MATERIALS*

1 cup tomato juice
1 teaspoon chopped parsley
1 teaspoon onion juice
½ teaspoon salt
Pepper
½ tablespoon granulated gelatine

*UTENSILS*

Bowl
Tablespoon
Saucepan
Vegetable-knife
Small cups or moulds

### *DIRECTIONS*

1. Soak the gelatine in a bowl with 2 tablespoons of cold water for twenty minutes.
2. Put all the other materials in a saucepan, set over the fire, and bring to a boil.
3. Take the saucepan from the fire, add the gelatine, and stir until the gelatine dissolves.
4. Pour into small cups or moulds, and set in a cool place to stiffen.

### *REMARKS*

The jelly should be prepared six or eight hours before serving time, and set in the ice-box to chill. When ready to serve, wrap a cloth wrung out of very hot water around each cup or mould, and let the jelly slip out of the mould onto a lettuce leaf.

Serve with a teaspoon of French Dressing (page 82) poured over each portion, and a tablespoon of Mayonnaise (page 83) put on the top. A few slices of cucumber, a piece of hard-boiled egg, or a few olives, capers, etc., may be used with this salad.

## FRENCH DRESSING

*MATERIALS*

½ teaspoon salt
Few grains cayenne
⅛ teaspoon white pepper
⅛ teaspoon paprika
2 tablespoons vinegar
6 tablespoons olive-oil

*UTENSILS*

Bowl or cup
Silver fork

### *DIRECTIONS*

Put all the dry materials in a bowl or cup, and slowly add the vinegar, then the oil, stirring constantly with a silver fork. Beat with the fork for two or three minutes.

### *REMARKS*

Part of the vinegar used may be taragon, if desired.

A piece of ice the size of a marble may, with good results, be put in the cup while mixing the dressing; in any case, the oil should be very cold.

Any of the following may be added to the dressing, according to individual taste:

¼ teaspoon mustard
½ teaspoon onion juice
½ teaspoon finely chopped parsley
1 teaspoon chopped pimento
2 chopped olives
1 small pickle—chopped
½ hard-boiled egg—chopped.

If any of the dressing is left over, it should be put in the ice-box, and then beaten again with a fork before using.

## MAYONNAISE

*MATERIALS*

1 egg—yolk only
½ teaspoon salt
Few grains cayenne
¼ teaspoon mustard
¼ teaspoon paprika
2 tablespoons vinegar
1 cup oil

*UTENSILS*

Small bowl
Cup
Silver fork

### *DIRECTIONS*

1. Put the salt, cayenne, mustard, and paprika in a bowl.
2. Add the egg-yolk, and mix thoroughly with a fork.
3. Add one teaspoon of the vinegar, and mix.
4. Add part of the oil, drop by drop, beating with the fork until the mixture is so thick that it is difficult to stir it.
5. Stir in a little more of the vinegar, until the mixture is again thin enough to beat.
6. Add more oil, drop by drop, and then in larger amounts, beating constantly.
7. Alternately beat in the remaining oil and vinegar, until all is used.

### *REMARKS*

The egg, oil, and bowl should be very cold—this is one of the secrets of success.

Should the dressing curdle while mixing, beat another egg-yolk in a clean bowl, and add the curdled dressing to it in the smallest possible amounts, beating constantly with a fork.

Mayonnaise may be kept for several days in the ice-box if tightly covered in a small fruit jar.

## BOILED DRESSING

*MATERIALS*

1 teaspoon dry mustard
½ teaspoon salt
¼ teaspoon paprika
2 eggs—yolks only
4 tablespoons butter
2 tablespoons vinegar
½ cup thick cream
2 tablespoons lemon juice

*UTENSILS*

Bowl
Fork
Small saucepan
Lemon-squeezer
Double-boiler
Dover beater

### *DIRECTIONS*

1. Mix the mustard, salt, and paprika in a bowl.
2. Add the egg-yolks, and beat with a fork.
3. Melt the butter in a small saucepan, and add it slowly while stirring the egg-yolks.
4. Add the vinegar and lemon juice slowly while stirring, and then put the mixture in the double-boiler.
5. Set the boiler over the fire and cook, stirring constantly, until the dressing is thick like custard.
6. Take the boiler from the fire, and at once pour the dressing back into the bowl.
7. When the dressing is cool and ready to serve, whip the cream with a dover beater and stir it into the dressing.

### *REMARKS*

This dressing will keep several days in the ice-box.

# PASTRY

## PLAIN PASTRY FOR PIES

*MATERIALS*

2 cups flour
1 cup shortening—butter and lard
Ice-water

*UTENSILS*

Mixing-bowl
Palette-knife
Bread-board
Rolling-pin
Fork
Pie-pan

### *DIRECTIONS FOR MAKING THE PASTRY*

1. Sift the flour into a mixing-bowl.
2. Cut the shortening into tiny bits.
3. Wash the hands in cold water, and dry them. With the finger-tips work the shortening into the flour as quickly as possible.
4. When thoroughly mixed, add a little ice-water, mixing it into the flour and shortening with a palette-knife. Use barely enough water to moisten the mixture, keeping the dough as stiff as possible.

### *DIRECTIONS FOR USING THE PASTRY*

1. Sprinkle the bread-board with flour, place the dough on the board, and cut it into two equal parts.
2. Set one part aside, and after sprinkling flour over the rolling-pin, roll out the remaining part into a sheet a little less than a quarter of an inch thick.

If the dough sticks to the board, loosen it carefully with a knife. If it breaks or tears, fold the sheet of dough over once each way, sprinkle more flour on the board and rolling-pin, and roll the dough out again. It is important that there shall be no hole in the lower crust of a pie.

3. Lay the sheet of dough in a pie-pan, and press it down against the bottom and sides of the pan.
4. Dip one finger into cold water and moisten the dough around the edge of the pan.
5. Pour in the fruit or whatever pie-filling is to be used. This must always be *cold*.
6. Roll out the remaining dough, as described above, for the top crust.
7. With a sharp knife make several cuts two or three inches long through the centre of the sheet of dough, forming a design if desired. These cuts are necessary to allow the steam to escape in baking.
8. Lay the top crust over the top of the pie, and with the tines of a fork press the top and bottom crusts together all around the edge of the pan.
9. Hold the pie-pan on the palm of the left hand, and with a knife trim off the overhanging portions of dough close to the rim of the pan all around.
10. Cut the pieces of dough thus removed into thin strips, and press these strips into the dough all around the edge of the top crust.
11. Place the pie in a hot oven, and immediately reduce the heat. If uncooked fruit is used for the filling, the heat must be very slow in order to cook the fruit thoroughly.
12. Bake from thirty to fifty minutes, the length of time depending upon the nature of the filling used.

## FRESH FRUIT OR BERRY PIES

Apples should be cut in quarters, cored, peeled, and thinly sliced.

Peaches should be peeled, cut in half, stoned, and sliced.

Cherries or plums should have the stones removed.

Strawberries, raspberries, gooseberries, etc., should be thoroughly washed in cold water, and allowed to drain.

Cranberries should be cooked in accordance with the directions for Cranberry Sauce (page 147).

In using any uncooked fruits or berries above mentioned, fill the lower crust of the pie with the prepared fruit. Pour over this from ½ to a full cup of sugar, into which one tablespoon of flour has been mixed. The amount of sugar will depend upon the relative sweetness of the fruit used. In the case of apple pie, the flour should be omitted, but the pie should be flavored with ½ teaspoon of spice or 1 tablespoon of lemon juice. Any fruit or berry pie may be made richer by putting a few bits of butter on top of the filling before the top crust is placed over it.

## DRIED OR CANNED FRUIT PIES

Any kind of dried fruit may be used for pies, after it has been prepared according to the directions on page 145.

In using canned fruits for pies, very little, if any, sugar should be added to the fruit. A tablespoon of flour should, however, be stirred into the fruit to thicken the juice.

## FILLING FOR SQUASH OR PUMPKIN PIE

| *MATERIALS* | *UTENSILS* |
|---|---|
| Fresh squash or pumpkin | Steamer |
| ¼ cup sugar | Colander |
| ¼ teaspoon clove | Potato-masher |
| ¼ teaspoon cinnamon | Double-boiler |
| 1 egg | Mixing-bowl |
| ¾ cup milk | Dover beater |
| | Mixing-spoon |

### *DIRECTIONS*

1. Steam several pieces of peeled squash or pumpkin until tender.
2. Put the steamed vegetable through the potato-ricer, or mash it with a potato-masher through a colander.
3. Scald the milk in a double-boiler.
4. Beat the egg, and add it to 1 cup of the mashed vegetable in a bowl.
5. Stir the hot milk, sugar, cinnamon, and clove into the vegetable, mixing all well together.
6. Allow the mixture to cool thoroughly before being used in a pie.

### *REMARKS*

Squash or pumpkin pie is made with a bottom crust only. The pie should be put into a moderate oven, and the heat reduced after five minutes. Cook very slowly, until the filling thickens like custard.

## FILLING FOR LEMON PIE

*MATERIALS*

1 cup sugar
1¼ cups boiling water
4 tablespoons corn-starch
½ tablespoon butter
1 lemon
2 eggs—yolks only

*UTENSILS*

Tablespoon
Lemon-squeezer
Grater
Dover beater
Vegetable-knife
Saucepan
Bowl
Cup

*DIRECTIONS*

1. Grate the rind of the lemon, then cut the lemon in two and squeeze out the juice.
2. Mix the sugar and corn-starch together in a saucepan.
3. Pour the boiling water slowly into the saucepan with the sugar and corn-starch, stirring constantly.
4. Place the saucepan over the fire, and allow the mixture to cook until it becomes a clear thick paste, stirring all the time.
5. Take from the stove, add the butter, lemon juice, and grated rind, and mix well.
6. Beat the egg-yolks until light, and stir them into the paste in the saucepan.
7. Allow the entire mixture to cool thoroughly before being used in a pie.

*REMARKS*

Lemon pie is made with a bottom crust only. After the pie is baked, the top is usually covered with Meringue (page 90), and the pie put back in the oven for a few minutes to brown the Meringue.

## FILLING FOR CUSTARD PIE

Use the materials for Baked Custard (page 92) and follow the first three directions for that recipe. Pour the uncooked custard into the bottom crust of the pie. Omit the top crust. Put in a moderately hot oven and reduce the heat at once, allowing the pie to bake slowly until the custard is stiff and the top well browned. A little nutmeg may be sprinkled over the top of the pie before baking.

## FILLING FOR COCOANUT PIE

Use the materials for Baked Custard (page 92) and follow the first three directions for that recipe. Stir into the uncooked custard ½ cup of grated cocoanut. Make the pie without a top crust, and bake in a slow oven until the top is browned and the filling stiff.

## MERINGUE FOR PIES OR PUDDINGS

| *MATERIALS* | *UTENSILS* |
|---|---|
| 2 eggs—whites only | Bowl |
| 7 tablespoons powdered sugar | Dover beater |
| 1 tablespoon lemon juice | Lemon-squeezer |
| | Knife |

### *DIRECTIONS*

1. Beat the egg-whites until very stiff.
2. Add the sugar, a little at a time, beating continually.
3. Add the lemon juice, a few drops at a time, still beating.
4. Continue to beat for about fifteen minutes, or until the mixture is stiff enough to hold its shape.

# PUDDINGS

## COTTAGE PUDDING

*MATERIALS*

2 tablespoons butter
¼ cup sugar
1 egg
¾ cup flour
1 teaspoon baking-powder
⅛ teaspoon salt
¼ cup milk
½ teaspoon vanilla

*UTENSILS*

2 bowls
Tablespoon
Dover beater
Sifter
Cake-pan

*DIRECTIONS*

1. "Cream" the butter in a mixing-bowl.
2. Add the sugar, and "cream" again.
3. Break the egg, adding the yolk to the butter and sugar and putting the white in a separate bowl.
4. Beat the egg with the sugar and butter.
5. Sift the flour, baking-powder, and salt together.
6. Add the flour mixture and the milk, alternately and a little at a time, to the materials in the mixing-bowl, and beat thoroughly with a mixing-spoon.
7. Beat the egg-white and "fold" it into the mixture.
8. Pour the mixture into a buttered cake-pan, and bake from twenty to thirty minutes in a moderate oven. Serve with Vanilla, Lemon, or Strawberry Sauce (pages 101–102).

## BAKED CUSTARD

*MATERIALS*

3 eggs
¼ cup sugar
2 cups milk
¼ teaspoon spice
or
½ teaspoon vanilla

*UTENSILS*

Bowl
Dover beater
Baking-cups or dish
Large pan

### *DIRECTIONS*

1. Break the eggs in a bowl and beat them with a dover beater.
2. Add the sugar and flavoring, and mix together.
3. Stir in the milk.
4. Pour the mixture into custard-cups or a baking-dish, set the cups or dish in a large pan half filled with water, and put this pan into a slow oven.
5. Bake slowly until the custard is thick and will not stick to the blade of a knife thrust into the centre.
6. Lift the cups or baking-dish from the pan of water, and set in a cool place.

### *REMARKS*

Serve plain, with cream, or with Caramel Sauce (page 121).

## BREAD PUDDING

Place 2 or 3 slices of plain bread in the bottom of a baking-dish, and pour over them ½ cup of milk. While this is soaking, prepare a custard in accordance with the first three directions in the preceding recipe. Pour the custard over the bread in the baking-dish, add ⅓ cup of raisins (which have previously soaked for an hour in cold water) and ¼ teaspoon of cinnamon. Bake in a slow oven for about three-quarters of an hour, or until the custard stiffens and is slightly browned. If desired, the pudding may be covered with Meringue (page 90) after baking, and then replaced in the oven until the Meringue browns slightly. Or the pudding may be served with Hard Sauce (page 100).

## TAPIOCA CUSTARD

| *MATERIALS* | *UTENSILS* |
|---|---|
| ¼ cup pearl tapioca | Bowl |
| or | 2 cups |
| 1½ tablespoons minute tapioca | Double-boiler |
| 2 cups milk | Small bowl |
| 2 eggs | Dover beater |
| ⅛ cup sugar | Strainer |
| 1 teaspoon vanilla | Tablespoon |

### *DIRECTIONS*

1. Put the tapioca in a cup, cover it with cold water, and let it soak one hour.
2. Put the milk in a double-boiler, set this over the fire, and let the milk scald.
3. Drain the water from the tapioca through a strainer, and put the tapioca in the double-boiler with the milk, allowing it to cook until the tapioca is transparent.
4. Break the eggs, putting the yolks in one bowl and the whites in another.
5. Add the sugar to the yolks, and beat them well together.
6. Pour the yolks and sugar slowly into the double-boiler, stirring constantly, and cook about five minutes.
7. Take the boiler from the fire, separate it, and let the custard cool for a few minutes.
8. Beat the egg-whites stiff, add them with the vanilla to the custard, and mix thoroughly.
9. Pour into a serving-dish, and chill for several hours before serving.

## CUSTARD SOUFFLÉ

| *MATERIALS* | *UTENSILS* |
|---|---|
| 2 tablespoons flour | Saucepan |
| 2 tablespoons butter | Tablespoon |
| ½ cup milk | 2 small bowls |
| 2 tablespoons sugar | Dover beater |
| 2 eggs | Small baking-dish |

### *DIRECTIONS*

1. Put the butter in the saucepan, and hold the pan over the fire until the butter melts.
2. Stir the flour into the butter, mixing well.
3. Add ¼ cup of milk to the butter and flour in the saucepan, and stir over the fire until it begins to thicken.
4. Add the remaining milk, and stir over the fire until it boils, then take the saucepan off the fire.
5. Break the eggs, putting the whites in one bowl and the yolks in another.
6. Put the sugar in the bowl with the yolks, and beat together.
7. Add the beaten yolks and sugar to the mixture in the saucepan, and mix well. Put in a cool place to chill.
8. Beat the egg-whites, and "fold" them into the cold cooked mixture.
9. Pour the mixture into a buttered baking-dish, and bake in a slow oven about half an hour.

### *REMARKS*

Serve hot with Hard Sauce (page 100).

## RICE PUDDING

*MATERIALS*

1 pint milk
1 tablespoon rice
2 tablespoons sugar
⅛ teaspoon cinnamon
2 tablespoons raisins

*UTENSILS*

Tablespoon
Strainer
Baking-dish

### *DIRECTIONS*

1. Soak the raisins for half an hour in cold water.
2. Wash the rice in a strainer, and let the water drain away.
3. Put the rice into a baking-dish, and add all the other materials.
4. Stir together well, put the dish into a slow oven, and bake about two hours. Stir every half-hour while it is baking, and increase the heat for the last few minutes, if necessary, to brown.

### *REMARKS*

Serve either hot or cold. If desired, the amounts of the different materials may be doubled and the pudding served cold a second time; in this case three hours should be allowed for the baking.

## LEMON JELLY

| *MATERIALS* | *UTENSILS* |
|---|---|
| 1 tablespoon granulated gelatine | Bowl |
| ¼ cup cold water | Tablespoon |
| 1 cup boiling water | Lemon-squeezer |
| ½ cup sugar | Vegetable-knife |
| ¼ cup lemon juice | Mould |

### *DIRECTIONS*

1. Put the gelatine in a bowl, add the cold water, and let stand twenty minutes.
2. Add the boiling water, the sugar, and the lemon juice, and stir.
3. Pour into a mould, and set in a cool place for several hours.

## ORANGE JELLY

Follow the same general directions as given above for Lemon Jelly, but use only 1 tablespoon of lemon juice and add ¼ cup of orange juice.

## COFFEE JELLY

Follow the same general directions as given above for Lemon Jelly, but substitute 1 cup of hot coffee for the cup of boiling water, omit the lemon juice, and use only ¼ cup of sugar.

## SNOW PUDDING

*MATERIALS*

1 tablespoon granulated gelatine
¼ cup cold water
1 cup boiling water
½ cup sugar
¼ cup lemon juice
3 eggs

*UTENSILS*

Tablespoon
Wire beater
3 bowls
Dover beater
Lemon-squeezer
Mould
Vegetable-knife

### *DIRECTIONS*

1. Put the gelatine in a bowl, add the cold water, and let stand twenty minutes.
2. Add the boiling water, the sugar, and the lemon juice, and stir.
3. Set the bowl in a cool place, and let the mixture thicken.
4. Beat the mixture with a wire beater until it becomes light and frothy.
5. Break the eggs, putting the yolks in one bowl and the whites in another.
6. Beat the whites until stiff, and then stir them into the gelatine mixture, combining thoroughly.
7. Pour into a mould, and chill for several hours.

### *REMARKS*

Serve with Custard Sauce (page 100) made of the three egg-yolks.

## BLANC MANGE

*MATERIALS*

1 cup milk
2½ tablespoons corn starch
¼ cup sugar
1 egg—white only
½ teaspoon vanilla
¼ teaspoon salt
2 tablespoons cold milk

*UTENSILS*

Double-boiler
Small bowl
Tablespoon
Mould

### *DIRECTIONS*

1. Scald the cup of milk in a double-boiler.
2. Mix the sugar, corn-starch, salt, and two tablespoons of cold milk in a bowl.
3. Add this mixture to the hot milk in the double-boiler, while stirring.
4. Stir until the mixture thickens, then let it cook for fifteen minutes, stirring occasionally.
5. Take the boiler from the fire, and separate the top from the bottom.
6. Beat the egg-white until stiff, and add it to the mixture in the boiler, beating it in well.
7. Add the flavoring, pour into a mould, and chill.

### *REMARKS*

Serve with plain cream or Custard Sauce (page 100).

## CHOCOLATE CORN-STARCH PUDDING

Use the same materials and follow the same directions given above for Blanc Mange, but add one square of bitter chocolate melted in a cup over hot water to the mixture in the double-boiler. Serve with plain or whipped cream.

## SAUCES FOR PUDDINGS

### Hard Sauce

*MATERIALS*

¼ cup butter
1 cup powdered sugar
½ teaspoon vanilla
1 tablespoon cream or milk

*UTENSILS*

Small bowl
Tablespoon
Small strainer

*DIRECTIONS*

1. "Cream" the butter in a bowl.
2. Sift the sugar through a small strainer, and add it, a little at a time, to the butter, "creaming" the two together.
3. Add the vanilla and the cream or milk, a few drops at a time, and mix thoroughly.

### Custard Sauce

*MATERIALS*

1 cup milk
1 egg or 2 yolks
2 tablespoons sugar
½ teaspoon vanilla

*UTENSILS*

Double-boiler
Small bowl
Large spoon
Dover beater

*DIRECTIONS*

1. Put the milk in the double-boiler, and place this over the fire.
2. Beat the egg and sugar together in a bowl, and then slowly stir into it the hot milk.
3. Pour the mixture back into the boiler, and cook about five minutes, stirring constantly.
4. Pour the custard into a bowl, add the vanilla, and beat with a dover beater.
5. Chill thoroughly before using.

## Strawberry Sauce

*MATERIALS*

⅛ cup butter
1 cup strawberries
1 cup powdered sugar
1 egg—white only

*UTENSILS*

Bowl
Tablespoon
Colander
Potato-masher
Small bowl
Dover beater

*DIRECTIONS*

1. Stem the berries, wash them in cold water, and drain through a colander.
2. Put the berries in a bowl, and mash them with a potato-masher.
3. "Cream" the butter in a bowl, sift the sugar into it, and "cream" again.
4. Beat the egg-white with a dover beater, add it to the butter and sugar, and mix well with a spoon.
5. Add the berries and mix all together.

## Lemon Sauce

*MATERIALS*

¼ cup sugar
½ cup boiling water
½ tablespoon corn-starch
1 tablespoon butter
1 tablespoon lemon juice
A little grated lemon peel
A little nutmeg

*UTENSILS*

Saucepan
Lemon-squeezer
Grater
Tablespoon

*DIRECTIONS*

1. Mix the sugar and corn-starch together in a saucepan.
2. Add the boiling water, a little at a time, stirring constantly.

3. Boil three minutes while stirring.
4. Take the saucepan from the fire, and add the lemon juice, grated peel, and nutmeg. Serve hot.

### Vanilla Sauce

Follow the same general directions as given above for Lemon Sauce, but use ½ teaspoon of vanilla instead of the lemon juice, grated peel, and nutmeg.

# CAKES, COOKIES, ETC.

## EASY CAKE

| *MATERIALS* | *UTENSILS* |
|---|---|
| 2 eggs | Bowl |
| Milk | Sifter |
| 1½ cups flour | Wooden cake-spoon |
| 3 teaspoons baking-powder | Small saucepan |
| 1 teaspoon vanilla | Dover beater |
| 5 tablespoons butter | Cake-pan (with tube) |

### *DIRECTIONS*

1. Break the eggs into the measuring-cup, and fill the cup to the top with milk.
2. Pour into a bowl, and beat the eggs and milk together with a dover beater.
3. Add the sugar, and beat again.
4. Melt the butter in a small saucepan; add the melted butter with the vanilla, and then the flour, to the mixture in the bowl, and beat for at least five minutes.
5. Add the baking-powder, and stir well.
6. Pour the mixture into a buttered cake-pan, place the pan in a cold oven, light the gas, and bake for about forty minutes, reducing the heat after the first fifteen minutes If a layer-cake is wanted, the baking must be done in two shallow cake-pans, and about fifteen minutes allowed for the baking.

## POUND CAKE

*MATERIALS*

1 cup butter
1 cup sugar
5 eggs
2 cups flour
2 teaspoons vanilla
or
Grated peel of a lemon
Juice of half a lemon

*UTENSILS*

Mixing-bowl
Mixing-spoon
Dover beater
2 bowls
Sifter
Baking-pans
Teaspoon or grater and lemon-squeezer

### *DIRECTIONS*

1. "Cream" the butter, add the sugar to it, and "cream" again.
2. Break the eggs, putting the yolks in one bowl and the whites in another.
3. Beat the egg-whites until stiff and dry, and then beat the yolks until creamy.
4. Stir the yolks into the butter and sugar, mixing well.
5. Sift the flour, and add it to the mixture.
6. Stir in the flavoring.
7. "Fold" the beaten egg-whites into the mixture.
8. Bake in a buttered cake or muffin pan, in a moderate oven, for about twenty minutes.

### *REMARKS*

To make a layer-cake from this recipe, bake the batter in two shallow cake-pans. When done, remove from the pans, spread current jelly over the top of one layer, place the other layer on this, and cover the top and sides of the cake with Boiled Frosting (page 113).

If a deep cake-pan is used, instead of the muffin or shallow cake-pans, from forty to fifty minutes in a slow oven will be required for baking.

## SPONGE CAKE

*MATERIALS*

5 eggs
1 cup sugar
½ lemon
1 cup flour
¼ teaspoon salt

*UTENSILS*

2 bowls
Dover beater
Wooden spoon
Grater
Lemon-squeezer
Sifter
Cake-pan

*DIRECTIONS*

1. Measure out the sifted flour, add salt to this, and sift twice again.
2. Break the eggs, putting the yolks in one bowl and the whites in another.
3. Beat the yolks until they are thick and creamy in texture and light in color.
4. Add the sugar to the egg-yolks, and beat well together.
5. Grate the outer rind of the half lemon, and squeeze out the juice.
6. Add the grated rind and juice to the beaten egg-yolks, and stir well together.
7. Beat the egg-whites until stiff, and "fold" half of the beaten whites into the mixture already prepared.
8. Add the flour, "cutting and folding" it in; then "fold" in the remaining half of the beaten egg-whites.
9. Pour the batter into an unbuttered cake-pan, set the pan in a slow oven, and bake for one hour. At the end of half an hour the heat may be increased for fifteen minutes, then turned down again.
10. Take the cake from the oven, invert the pan and let the cake stand in this way until it is cold.

## CUP CAKES

*MATERIALS*

1 cup sour cream
½ teaspoon soda
1 cup sugar
2 eggs
1½ cups flour
1 teaspoon baking-powder
½ teaspoon lemon extract

*UTENSILS*

Mixing-bowl
Mixing-spoon
2 small bowls
Sifter
Dover beater
Muffin-pans

*DIRECTIONS*

1. Break the eggs, putting the yolks in one bowl and the whites in another.
2. With the dover beater, beat first the whites and then the yolks very thoroughly.
3. Stir the sour cream and soda together in the mixing-bowl.
4. Add the sugar, and stir.
5. Add the beaten egg-yolks, and stir again.
6. Sift the flour and baking-powder together into the bowl, and stir the whole mixture vigorously.
7. Add the lemon extract, and "fold in" the beaten egg-whites.
8. Butter the muffin-pans, and fill them about two-thirds full of the batter.
9. Bake in a fairly hot oven for about fifteen minutes or until the cakes are browned.

## STRAWBERRY SHORTCAKE

| *MATERIALS* | *UTENSILS* |
|---|---|
| Baking-Powder Biscuit dough | Colander |
| 2 cups strawberries | Bowl |
| ¾ cup powdered sugar | Potato-masher |
| 3 tablespoons butter | Pie-pan |

### *DIRECTIONS*

1. Stem the berries, wash them in cold water, and drain them through a colander.
2. Prepare the biscuit dough in accordance with the directions on pages 134–5.
3. Divide the dough into two parts, and roll each part out separately into a round sheet about a third of an inch thick.
4. Put one of the sheets of dough on a pie-pan, spread half the butter over it, then place the second sheet on top of the first.
5. Bake in a hot oven, reducing the heat considerably after the first five minutes of baking.
6. While the biscuit is baking, mash the strawberries in a bowl, and mix the sugar with them.
7. When the biscuit dough is baked through and nicely browned on top, take it from the oven and split it open between the two layers.
8. Put the lower layer on a warm serving-dish, and cover it with mashed strawberries.
9. Place the top layer over the lower one, spread with the remaining butter, and pour the rest of the mashed strawberries over the whole.

### *REMARKS*

Serve slightly warm, with either plain or whipped cream.

## GINGERBREAD

*MATERIALS*

½ cup butter
½ cup sugar
½ cup molasses
1 egg
1 teaspoon ginger
½ teaspoon cinnamon
½ teaspoon clove
1 teaspoon soda
½ cup strong hot coffee
2 cups flour

*UTENSILS*

Small saucepan
Mixing-bowl
Small bowl
Mixing-spoon
Dover beater
Sifter
Bread or cake pan

### *DIRECTIONS*

1. Melt the butter in a small saucepan, and pour it into a mixing-bowl.
2. Add the sugar and molasses, and stir.
3. Beat the egg in a small bowl, and add it to the mixture in the large bowl.
4. Stir in the spices and beat well.
5. Mix the soda into the hot coffee, stir well, and pour this into the mixture in the large bowl.
6. Sift the flour into the mixture, and stir and beat until the batter is light and smooth.
7. Pour the batter into a buttered bread-pan, or two buttered cake-pans, and bake in a moderate oven about twenty minutes.

### *REMARKS*

Gingerbread may be covered with Boiled Frosting (page 113), if desired.

## COOKIES

| *MATERIALS* | *UTENSILS* |
|---|---|
| ¼ cup butter | Mixing-bowl |
| 1 cup sugar | Mixing-spoon |
| 1 egg | Small bowl |
| ½ cup sour cream | Dover beater |
| ½ teaspoon soda | Sifter |
| 2 cups flour | Bread-board |
| ¾ teaspoon baking-powder | Rolling-pin |
| ½ teaspoon salt | Cookie-cutter |
| ½ teaspoon nutmeg | Baking-pans |

### *DIRECTIONS*

1. "Cream" the butter in the mixing-bowl, and stir in the sugar.
2. Beat the egg, add it to the butter and sugar, and mix.
3. Stir the soda into the cream, and add this to the butter, sugar, and egg, mixing well.
4. Sift the flour, baking-powder, salt, and nutmeg together, and add a little at a time to the mixture in the bowl, stirring all together well.
5. Sprinkle flour over the bread-board and rolling-pin, and place about a third of the dough on the board.
6. Toss the dough about on the board until it is coated with flour, then roll it out into a sheet about ¼ inch thick.
7. Dip the cookie-cutter in flour and cut the dough, putting the circles of dough into the baking-pans as they are cut.
8. Take another third of the dough from the mixing-bowl, roll this out, and cut in the same way.
9. When all the dough has been rolled out and cut, the scraps should be gathered together, worked into a ball, rolled out, and cut.

10. Bake the cookies in a hot oven for about ten minutes, or until they are lightly browned. Should they brown more quickly on the bottom than on the top, place the pans in the lower oven under the fire for a minute or two.

*REMARKS*

If desired, granulated sugar may be sprinkled over the tops of the cookies, or raisins or a few chopped nuts pressed into the tops, just before the pans are put into the oven.

## DOUGHNUTS

*MATERIALS*

2 cups flour
2½ teaspoons baking-powder
½ teaspoon salt
1 egg
½ cup powdered sugar
1½ tablespoons butter
¼ teaspoon cinnamon
½ cup milk
2 or 3 pounds lard or similar fat

*UTENSILS*

Bowl
Tablespoon
Small saucepan
Sifter
Dover beater
Deep iron kettle
Bread-board
Rolling-pin
Doughnut-cutter
Long-handled fork
Colander with paper

*DIRECTIONS*

1. Beat the egg in a bowl, add the sugar, and beat again.
2. Melt the butter in a small saucepan, add it with the cinnamon to the egg and sugar, and stir well.
3. Sift the flour, baking-powder, and salt together, and add with the milk, alternately and a little at a time, to the mixture in the bowl, stirring constantly.
4. Set the bowl in the ice-box for an hour or more.
5. When ready to fry the doughnuts, put the fat in the kettle and set it over the fire.
6. Sprinkle the bread-board and rolling-pin with flour, place half the dough on the board, and roll it out into a sheet about ¼ inch thick.
7. Dip the doughnut-cutter in flour, and cut out the doughnuts from the sheet of dough.
8. Take the remaining dough from the mixing-bowl, and repeat the operation. The scraps of dough left on the board should be worked together, rolled out, and cut.

9. Put three or four doughnuts at a time into the hot fat in the kettle, turning them with a long-handled fork so that they will brown evenly. It should take from three to five minutes to cook them.
10. Lift the doughnuts from the fat as they are cooked, putting them on soft crumpled paper in the colander.

*REMARKS*

The temperature of the fat is an important matter. It should be hot enough so that the doughnuts will rise quickly from the bottom of the kettle immediately after they are put into the fat. The heat must be at once reduced if the fat begins to smoke.

The doughnuts may be coated with powdered sugar after frying by putting them one at a time in a small paper bag containing 3 or 4 tablespoons of sugar, and shaking the bag once or twice.

The fat in which the doughnuts have fried should be strained into a bowl, and kept for the same use later.

## FROSTINGS FOR CAKES

### Boiled Frosting

| *MATERIALS* | *UTENSILS* |
|---|---|
| 1 cup sugar | Saucepan |
| 1 egg—white only | Bowl |
| ½ teaspoon vanilla (or other flavoring extract) | Dover beater |
| ⅓ cup boiling water | Tablespoon |

*DIRECTIONS*

1. Put the sugar in a saucepan, and pour the boiling water over it.
2. Place the saucepan over a slow fire, and stir until the sugar is melted; then stop stirring and allow the mixture to boil slowly until it "threads" when dropped from the tip of a spoon.
3. Beat the egg-white, and then slowly pour the boiled sugar and water over it, stirring all the time.
4. Add the flavoring, and beat until stiff enough to spread on the cake.

### Chocolate Frosting

| *MATERIALS* | *UTENSILS* |
|---|---|
| 3 tablespoons butter | Double-boiler |
| 2 squares bitter chocolate | Sifter |
| ¾ cup cream | Tablespoon |
| 1¾ cups powdered sugar | |
| ½ teaspoon vanilla | |

*DIRECTIONS*

1. Melt the butter and chocolate together in a double-boiler.
2. Sift the powdered sugar, and add the sugar and cream, alternately and a little at a time, to the melted butter and chocolate, stirring constantly.

3. Take the double-boiler from the fire, and add the vanilla.
4. Beat until stiff enough to spread on the cake.

## Caramel Frosting

*MATERIALS*

1 cup brown sugar
¼ cup milk
1 tablespoon butter
½ teaspoon vanilla

*UTENSILS*

Saucepan
Tablespoon

*DIRECTIONS*

1. Put the sugar, milk, and butter into a saucepan, set the pan over the fire, and bring slowly to a boil.
2. Boil without stirring until the mixture will form into a thread when dropped from the tip of a spoon.
3. Take from the fire, add the vanilla, and beat until thick enough to spread on the cake.

# ICE CREAM AND ICES

## PLAIN ICE CREAM

*MATERIALS*

2 cups cream
½ cup sugar
2 teaspoons vanilla

*UTENSILS*

Bowl
Tablespoon

### *DIRECTIONS*

1. Stir the cream and sugar together in a bowl until the sugar is dissolved.
2. Add the vanilla, and stir well.
3. Freeze in accordance with directions on page 120.

## FRENCH ICE CREAM

*MATERIALS*

2 cups thin cream
2 eggs or 4 yolks
½ cup sugar
1 teaspoon butter
2 teaspoons vanilla

*UTENSILS*

Double-boiler
Bowl
Tablespoon
Dover beater

*DIRECTIONS*

1. Put the eggs and sugar in a bowl, and beat until creamy.
2. Add the cream, and mix thoroughly.
3. Put the mixture in a double-boiler over the fire, and cook until it thickens, stirring constantly.
4. Take from the fire and pour the mixture back into the bowl.
5. Stir in the butter and vanilla, and allow it to stand until quite cool.
6. Freeze in accordance with directions on page 120.

## CHOCOLATE ICE CREAM

Add 1½ squares of bitter chocolate, melted in a cup over hot water, to French Ice Cream (page 116) when the mixture has thickened in the double-boiler. Or, use the amounts and directions for Plain Ice Cream (page 115), scalding the cream in the double-boiler and adding to it 1½ squares of bitter chocolate melted in a cup over hot water. If the chocolate lumps in the cream, stir over the fire until it dissolves.

## CARAMEL ICE CREAM

Make Caramel Sauce (page 121), and add it to either Plain Ice Cream (page 115), or French Ice Cream (page 116), instead of sugar.

## FRUIT ICE CREAM

Three-quarters of a cup of any fruit juice or pulp (the fruit should be mashed through a colander) may be used instead of vanilla in either Plain or French Ice Cream. If the fruit is very acid, a little more sugar may be required. Canned fruit may be used, in which case probably a little less sugar will be needed. The fruit should be added to the mixture just before putting into the freezer.

## WATER ICE

| *MATERIALS* | *UTENSILS* |
| --- | --- |
| ¾ cup sugar | Saucepan |
| 1 cup fruit juice | Tablespoon |
| 2 cups water | |

### *DIRECTIONS*

1. Put the water in a saucepan, and bring it to the boiling-point over the fire.
2. Add the sugar, and stir until this is dissolved.
3. Remove from the fire, and when cool stir in the fruit juice.
4. Freeze in accordance with directions on page 120.

### *REMARKS*

The juice of either oranges, lemons, strawberries, pineapple, raspberries, etc., may be used for this recipe.

## SHERBET

| *MATERIALS* | *UTENSILS* |
|---|---|
| ¾ cup sugar | Cup |
| 1 teaspoon granulated gelatine | Saucepan |
| 1 to 2 cups fruit juice or pulp | 2 bowls |
| 2 eggs—whites only | Dover beater |
| 2 cups water | Tablespoon |

### *DIRECTIONS*

1. Put the gelatine in a cup, add 2 tablespoons of cold water, and allow it to soak twenty minutes.
2. Put the water in a saucepan, and bring to the boiling-point over the fire.
3. Add the sugar to the boiling water, and stir until it dissolves.
4. Take from the stove and pour into a bowl.
5. Add the soaked gelatine and stir well.
6. Set the bowl in a cool place to chill.
7. Beat the egg-whites stiff.
8. When the mixture in the bowl is cool, add the egg-whites and the fruit juice or pulp, stirring well.
9. Freeze in accordance with directions on page 120.

### *REMARKS*

Any of the fruits or berries used in making Water Ice may be used for Sherbet also. Either the juice only, or the juice and pulp together, may be used.

## DIRECTIONS FOR FREEZING

In preparing to freeze ice cream, etc., first see that all parts of the freezer are at hand and in good working order. Put a sufficient quantity of ice in a heavy canvas bag, kept for this purpose, and with an axe or wooden mallet pound the ice in the bag into fine pieces. Mix rock salt with the broken ice, in the proportion of about one part salt to three parts ice. Put the covered freezer can in its proper place in the bucket, add the dasher and turning apparatus, fill the bucket around the can nearly full of the mixed ice and salt, and turn the handle until the ice has settled around the can as much as it will. Remove the turning apparatus and the cover of the can, and wipe away any particles of ice or salt around the top. Pour the mixture to be frozen into the can, replace the cover and the turning apparatus, and turn the handle slowly and steadily for from twenty to thirty minutes. Remove the turning apparatus and the cover, lift out the dasher and scrape from it into the can any of the frozen mixture clinging to it. Press the mixture down into the can as compactly as possible. Replace the cover of the can, and insert a cork in the hole of the cover. Remove the plug from the lower part of the bucket, and allow the water to run off. Replace the plug, refill the bucket with ice and salt so that it is heaped up over the top of the can, cover the freezer with an old blanket or piece of carpet, and let it stand in a cool place for an hour or more.

## SAUCES FOR ICE CREAMS

### Caramel Sauce

*MATERIALS*

1 cup sugar
½ cup boiling water

*UTENSILS*

Enamelled frying-pan
Spoon

*DIRECTIONS*

1. Put the sugar in the frying-pan, place over the fire, and stir with a spoon constantly, reducing the heat as the sugar begins to melt.
2. When all the sugar is melted, add the boiling water slowly.
3. Stir over the fire until the sugar again dissolves.

### Fudge Sauce

*MATERIALS*

½ cup sugar
½ cup brown sugar
½ cup milk
1 square bitter chocolate
1 tablespoon butter
½ teaspoon vanilla

*UTENSILS*

Saucepan
Tablespoon

*DIRECTIONS*

1. Put the sugar, brown sugar, milk, and chocolate in the saucepan, and place over the fire.
2. Stir every few seconds, and cook until a few drops of the mixture will form a soft ball when dropped in cold water.
3. Take from the fire, add the butter and vanilla, and stir well.

*REMARKS*

This sauce should be served immediately after cooking.

# HOT BEVERAGES

## COFFEE

Use 2 tablespoons of finely ground coffee to each cup of water. If an ordinary coffee-pot is used instead of a percolator, mix a little beaten egg with the ground coffee before it is put into the pot. It will also help to clear the coffee if a tablespoon or so of cold water is dashed into the boiled coffee just before the pot is taken from the stove. The coffee should boil three minutes if cold water is used at the start, or five minutes if hot water is used.

The coffee-pot or percolator should be aired well after washing. At least once a week fresh water containing a little soda (1 teaspoon to a quart of water) should be boiled for several minutes in the pot or percolator; the latter should then be washed out in fresh hot water, and set in the sun to air.

## TEA

Use 1 teaspoon of tea to each cup of water. At the beginning pour a little boiling water into the teapot, cover the pot and let it stand for a few minutes. Pour out the water, put in the tea leaves, cover the pot and again let it stand for a few minutes. Then pour in as much freshly boiling water as will be required, and let the tea leaves steep in this for five minutes before serving.

## COCOA

*MATERIALS*

(For two cups of cocoa):

4 teaspoons cocoa
4 teaspoons sugar
½ cup water
1 cup milk
¼ teaspoon vanilla

*UTENSILS*

Saucepan
Tablespoon

### *DIRECTIONS*

1. Put the cocoa, sugar, and water together in the saucepan, and stir over the fire until the boiling-point is reached.
2. Add the milk, and stir again until the mixture boils.
3. Take from the fire, stir in the vanilla, and serve.

### *REMARKS*

If the cocoa is well beaten with a dover beater just after it is taken from the stove, the flavor will be much improved.

## CHOCOLATE

*MATERIALS*

(For two cups of chocolate):
¾ square bitter chocolate
2 tablespoons sugar
1½ cups milk
½ cup boiling water

*UTENSILS*

Small saucepan
Double-boiler
Tablespoon
Dover beater

### *DIRECTIONS*

1. Melt the chocolate in a small saucepan set over the top of a teakettle containing boiling water.
2. Heat the milk in the double-boiler.
3. Stir the sugar into the melted chocolate, and add the boiling water, stirring constantly.
4. Place the saucepan directly over the fire and let its contents boil for one minute, stirring all the time.
5. Pour the contents of the saucepan into the milk in the double-boiler, and beat with a dover beater until the mixture becomes frothy.
6. Place the top of the double-boiler directly over the fire, and allow its contents to reheat slowly, stirring constantly.

### *REMARKS*

Serve with whipped cream.

# CEREALS

## BOILED CEREALS

### Table for Cooking

| *Kind of cereal* | *Proportion of water to cereal* | *Boiling time* |
|---|---|---|
| Prepared oats | 1 cup water to ½ cup cereal | 2 hours |
| Prepared wheat | 2 cups water to ½ cup cereal | 45 minutes |
| Hominy | 2 cups water to ½ cup cereal | 1 hour |
| Rice | 1½ cups water to ½ cup cereal | 45 minutes |
| Corn-meal | 2 cups water to ½ cup cereal | 3 hours |

### *DIRECTIONS*

1. After consulting the above table, measure out the proper amount of boiling water into the upper part of the double-boiler, add ½ teaspoon of salt for each cup of water used, and place the upper part of the boiler directly over the fire.
2. Pour the cereal slowly into the boiling water, stirring all the time.
3. Let the cereal and water boil directly over the fire for three minutes, stirring constantly.
4. Pour boiling water into the lower part of the boiler, set the upper part in place over the ower part, and let the cereal cook the required time as shown in the above table.

*REMARKS*

Rice should be washed before cooking by putting it in a strainer and letting cold water run through it, at the same time rubbing the grains of rice between the tips of the fingers.

## FRIED CEREALS

Boil any cereal according to the above directions. Pour it into a bowl to cool, then pack it into a buttered baking-powder box, put the cover on the box, and let it stand overnight. When needed for use, take the cereal from the box and cut it into slices about ¼ of an inch thick. Dip each slice in flour, and brown it in a little hot fat in a frying-pan. Serve with maple syrup.

Oatmeal, corn-meal, and hominy are especially suitable for frying in this way.

## BOILED MACARONI

*MATERIALS*

¾ cup macaroni—broken into one-inch pieces
2 quarts boiling water
1 tablespoon salt
White Sauce No. 2
or
Tomato Sauce

*UTENSILS*

Saucepan
Quart measure
Colander

### *DIRECTIONS*

1. Pour the boiling water into a saucepan over the fire, add the salt and macaroni, and boil for twenty minutes.
2. Pour the macaroni from the saucepan into a colander, letting the water drain away; then pour cold water over the macaroni.
3. Prepare White Sauce No. 2 in accordance with the directions on page 150, or Tomato Sauce in accordance with the directions on page 50, add the boiled macaroni to the sauce, and reheat.

## BAKED MACARONI

Add 1 cup of White Sauce No. 2 (page 150) to Boiled Macaroni, put the mixture in a buttered baking-dish, cover with bread crumbs, and bake until it browns on top. Tomato Sauce (page 50) may be used instead of White Sauce, if desired.

## BAKED MACARONI WITH CHEESE

Put a layer of Boiled Macaroni in a buttered baking-dish, and cover it with grated cheese. Repeat these alternate layers of macaroni and grated cheese until all the macaroni has been used; then pour one cup of White Sauce No. 2 (page 150) over the mixture, cover it with buttered crumbs, and bake until it is brown on top.

### *REMARKS*

Spaghetti may be used in place of macaroni in this and the two preceding recipes.

## RICE CROQUETTES

*MATERIALS*

¼ cup rice
1 egg
1 teaspoon butter
¼ teaspoon salt
Bread crumbs
Fat for frying

*UTENSILS*

Strainer
Saucepan
Plate
2 bowls
Dover beater
Frying-kettle
Colander with paper

*DIRECTIONS*

1. Wash the rice in a strainer.
2. Put a pint or two of hot water into a saucepan, set the saucepan over the fire, and let the water come to a boil.
3. Add the rice to the rapidly boiling water, and allow it to boil twenty minutes.
4. Take from the fire, drain off the water through a strainer, put the rice in a bowl, and add the butter and salt.
5. Beat the egg in a bowl, add half of it to the rice, and mix well.
6. Put the rice on a plate, spreading it out thinly, and let it become thoroughly cold.
7. Mould the rice into small balls or cylinders, dip each ball in the beaten egg in the bowl, then roll it in crumbs, and fry in deep hot fat until well browned.
8. Put each croquette as it is taken from the fat onto soft crumpled paper in a colander.

# *EGGS*

## BOILED EGGS

The time required for boiling eggs, if the water is at the boiling-point when the eggs are put into it, is approximately as follows: Soft Boiled, from two to two and a half minutes; Medium Boiled, from three to three and a half minutes; Hard Boiled, from four to five minutes. Hard-boiled eggs to be used cold in salads, etc., should be put into water at the boiling-point and the heat then reduced so that the eggs will cook very slowly for twenty minutes.

## BAKED EGGS

1. Break the eggs into a well-buttered baking-dish, and sprinkle with salt and pepper. A little cream may be poured onto each egg to advantage, or the tops covered with grated cheese.
2. Set the baking-dish in a moderate oven, and bake for ten minutes.

## FRIED EGGS

1. Put 3 or 4 tablespoons of bacon grease or similar fat into a frying-pan, set the pan over the fire, and heat until the grease begins to smoke.
2. While the fat is heating, break as many eggs as will be needed into a bowl.
3. Pour the eggs carefully into the hot fat, and with a spoon dip up the fat and pour it over the eggs, while allowing them to cook slowly from three to five minutes. Separate the eggs with a knife if they run together while cooking. If desired, the eggs may be turned with a pancake-turner and browned on the under side.

## POACHED EGGS

1. Fill a frying-pan half full of hot water, and set it over the fire.
2. Add 1 tablespoon of vinegar to the water, and let it barely simmer.
3. Break the eggs, one at a time, into a saucer, and slip each egg into the water in the frying-pan.
4. With a spoon dip up the water and pour it over the eggs while they are cooking.
5. Cook from three to five minutes, and serve on slices of hot buttered toast, which should be made before poaching the eggs.

## SCRAMBLED EGGS

*MATERIALS*

3 eggs
½ teaspoon salt
Pepper
¼ cup milk
1 tablespoon butter

*UTENSILS*

Bowl
Dover beater
Tablespoon
Frying-pan

### *DIRECTIONS*

1. Break the eggs into a bowl, beat with a dover beater, add the salt, pepper, and milk, and stir well together.
2. Set the frying-pan over a slow fire, and put the butter in it to melt and heat.
3. Pour the mixture from the bowl into the frying-pan, and with a spoon begin at once to scrape from the sides of the pan toward the centre, keeping the mixture from sticking to the pan and allowing it to cook evenly.
4. When the mixture has become of a jelly-like consistency, take the frying-pan from the fire, turn the contents out on a hot platter, and serve at once.

### *REMARKS*

Garnish with bits of buttered toast and a few sprigs of parsley. Any of the following materials may, if desired, be added to the eggs just before cooking:

¼ cup tomato pulp
1 tablespoon chopped parsley
1 tablespoon chopped green pepper
1 tablespoon chopped pimento
¼ cup grated cheese
¼ cup boiled ham—chopped
3 or 4 slices cooked bacon cut in small pieces.

## OMELET

*MATERIALS*

2 eggs
½ teaspoon salt
Pepper
2 tablespoons milk or water
1 tablespoon butter

*UTENSILS*

2 bowls
Dover beater
Tablespoon
Omelet-pan
Palette-knife

### *DIRECTIONS*

1. Break the eggs, putting the yolks in one bowl and the whites in another.
2. Beat the yolks until they are thick and creamy.
3. Add the milk or water, with the salt and pepper, to the beaten yolks, and beat again.
4. Beat the egg-whites until they are stiff and dry, and then "fold" them into the mixture in the other bowl.
5. Melt the butter in an omelet-pan, and pour the mixture into this.
6. With the fire turned very low, cook the omelet until it is a light brown on the under side, using a palette-knife to lift the edges from the pan.
7. Put the omelet-pan in the lower oven of the stove, and allow the omelet to cook slowly on top.
8. Take from the oven, fold one half of the omelet over the other half, slip it from the pan to a hot platter, and serve at once.

### *REMARKS*

Any of the optional ingredients mentioned at the end of the recipe for Scrambled Eggs (page 132) may also be added to an omelet, if desired.

# HOT BREADS AND GRIDDLE-CAKES

BAKERS' BREAD IS NOW SO GENERALLY USED IN PLACE OF HOME-MADE BREAD, EXCEPT IN THOSE HOUSEHOLDS WHERE PROFESSIONAL COOKS ARE EMPLOYED, THAT THE ORDINARY RECIPES FOR YEAST BREAD HAVE BEEN OMITTED FROM THIS BOOK.

## BAKING-POWDER BISCUIT

*MATERIALS*

1 cup flour
2 teaspoons baking-powder
½ teaspoon salt
½ tablespoon butter
½ tablespoon lard or similar fat
6 or 7 tablespoons milk

*UTENSILS*

Mixing-bowl
Sifter
Palette-knife
Bread-board
Rolling-pin
Biscuit-cutter
Baking-pan

*DIRECTIONS*

1. Sift the flour, baking-powder, and salt together into a mixing-bowl.
2. Add the butter and lard, and with the finger-tips rub and work this shortening into the dry materials until no lumps remain.
3. Add the milk, a little at a time, and with a palette-knife mix until all the dry materials are moistened.

4. Sprinkle flour on the bread-board and rolling-pin, place the dough on the board and toss it about lightly until it is coated with flour.
5. With the rolling-pin roll out the dough lightly into a sheet about ½ inch thick, dip the biscuit-cutter into the flour and cut the biscuits out from the sheet of dough. The scraps of dough left after cutting should be worked up again into a ball of dough, rolled out, and cut as before.
6. Place the biscuits in a baking-pan, and bake in a hot oven about ten minutes, or until lightly browned.

## PLAIN MUFFINS

*MATERIALS*

1 egg
½ cup milk
1 cup flour
2 teaspoons baking-powder
½ teaspoon salt
½ tablespoon sugar
2 tablespoons butter

*UTENSILS*

Mixing-bowl
Dover beater
Sifter
Tablespoon
Small saucepan
Muffin-pans

*DIRECTIONS*

1. Break the egg into a mixing-bowl, beat it, and stir the milk into it.
2. Mix the flour, baking-powder, salt, and sugar in the sifter, and sift these into the milk and egg, stirring well together.
3. Melt the butter in a small saucepan, add it to the batter, and beat thoroughly.
4. Butter the muffin-pans, and fill them about two-thirds full of the batter.
5. Bake in a moderate oven about twenty minutes, or until the muffins are browned.

## RICE OR OATMEAL MUFFINS

Follow the directions for Plain Muffins as given above, adding ½ to ¾ of a cup of cold cooked rice or oatmeal to the batter before pouring it into the muffin-pans.

## BLUEBERRY MUFFINS

*MATERIALS*

2 tablespoons butter
3 tablespoons sugar
1 egg
½ cup blueberries
1¼ cups flour
2 teaspoons baking-powder
½ teaspoon salt
½ cup milk

*UTENSILS*

Mixing-bowl
Tablespoon
2 small bowls
Dover beater
Colander
Sifter
Muffin-pans

### *DIRECTIONS*

1. "Cream" the butter in a mixing-bowl.
2. Add the sugar, and "cream" again.
3. Beat the egg in a small bowl, and stir one-half of it only (about 2 tablespoons) into the butter and sugar.
4. Wash the berries in a colander, let the water drain off, then put them into a small bowl and sift ¼ cup of flour over them, mixing well.
5. Mix the rest of the flour with the baking-powder and salt in a sifter, and sift it, a little at a time and alternately with the milk, into the butter-sugar-egg mixture, and beat thoroughly.
6. Stir the berries into the batter.
7. Butter the muffin-pans, fill them two-thirds full of the batter, and bake in a moderate oven twenty to thirty minutes, or until lightly browned.

### *REMARKS*

Small raisins or dried currants may be used instead of the blueberries, if desired.

## CORN BREAD OR MUFFINS

*MATERIALS*

1 egg
1 cup milk
¾ cup corn-meal
¾ cup flour
3 teaspoons baking-powder
¾ teaspoon salt
1 tablespoon sugar
2 tablespoons butter

*UTENSILS*

Mixing-bowl
Dover beater
Tablespoon
Sifter
Small saucepan
Muffin-pan or cake-pan

### *DIRECTIONS*

1. Beat the egg in a mixing-bowl.
2. Add the milk, and stir.
3. Measure the flour, salt, baking-powder, and sugar into the sifter, and sift it into the milk and egg, stirring well together.
4. Melt the butter in a small saucepan, add it to the batter, and beat thoroughly.
5. Butter the muffin-pans or cake-pan. Pour the batter into the cake-pan, or fill the muffin-pans two-thirds full of the batter.
6. Bake in a moderate oven about twenty minutes, or until browned on top.

### *REMARKS*

Sour milk may be used instead of sweet milk. In this case use only 1 teaspoon of baking-powder, and stir ½ teaspoon of soda into the sour milk.

Melted bacon grease or similar fat may be used instead of butter.

## POPOVERS

| *MATERIALS* | *UTENSILS* |
|---|---|
| 1 egg | Mixing-bowl |
| 1 cup milk | Dover beater |
| 1 cup flour | Sifter |
| ½ teaspoon salt | Large spoon |
| | Muffin-pans |

### *DIRECTIONS*

1. Beat the egg in a mixing-bowl.
2. Add the milk, and stir together.
3. Sift the flour and salt into the milk and egg, and stir.
4. Beat steadily with the dover beater for at least five minutes.
5. Butter the muffin-pans thoroughly and pour the batter into them, filling them two-thirds full.
6. Bake in a moderate oven for twenty-five minutes. After the first fifteen minutes of baking, the heat should be reduced somewhat.

### *REMARKS*

Popovers should always be served hot from the oven —if allowed to cool even slightly, they become soggy and unpalatable.

## FRENCH OR FRIED BREAD

*MATERIALS*

4 slices of bread
2 eggs
¼ cup milk
Salt
Fat for frying

*UTENSILS*

Bowl
Dover beater
Frying-pan
Long-handled fork

### *DIRECTIONS*

1. Beat the egg in a bowl, and stir the milk and salt in with it.
2. Dip each slice of bread in the beaten egg and milk.
3. Fry the slices in hot fat in a frying-pan, until well browned on both sides.

### *REMARKS*

Serve plain, or with maple syrup.

## MILK TOAST

*MATERIALS*

4 slices of bread
White Sauce No. 1
Boiling water

*DIRECTIONS*

1. Toast the bread, and keep it in a warm place until the sauce is made.
2. Make White Sauce No. 1 in accordance with directions on page 150.
3. Pour 1 tablespoon of boiling water over each slice of toast, place the slices in a serving-dish, and pour the White Sauce over them.

*REMARKS*

To make Cream Toast, use twice as much butter for the White Sauce, or substitute cream for milk.

## WHEAT CAKES

| *MATERIALS* | *UTENSILS* |
|---|---|
| 1 egg | Mixing-bowl |
| 1 cup milk | Dover beater |
| 1 cup flour | Sifter |
| 1 teaspoon baking-powder | Tablespoon |
| ½ teaspoon salt | Small saucepan |
| ½ tablespoon butter | Pancake-turner |
| Piece of salt pork | Griddle or frying-pan |

### *DIRECTIONS*

1. Break the egg into a mixing-bowl, beat it, and remove half of it (about 2 tablespoons), stirring the milk with what remains in the bowl.
2. Measure the flour, baking-powder, and salt into the sifter, and sift into the milk and egg, stirring well.
3. Melt the butter in a small saucepan, add it to the batter, and beat thoroughly.
4. Set the griddle or frying-pan over the fire, and when it is very hot rub it with the salt pork.
5. Pour the batter on the griddle or frying-pan by the tablespoonful, letting each spoonful spread as much as it will before adding another, and keeping them well separated.
6. Run the pancake-turner beneath each cake once or twice while it is cooking; and when it has slightly browned on the bottom, turn it over and allow the other side to brown.
7. Grease the griddle or frying-pan often between the various relays of cakes.

### *REMARKS*

Sour milk may be used with this recipe, in which case omit the baking-powder and mix ½ teaspoon of soda with the sour milk.

## BUCKWHEAT CAKES

*MATERIALS*

2 cups milk
⅛ cup fine bread crumbs
½ teaspoon salt
¼ yeast cake
½ cup luke-warm water
1¾ cups buckwheat flour
1 tablespoon molasses
Piece of salt pork

*UTENSILS*

Double-boiler
Mixing-bowl
Small bowl
Mixing-spoon
Pancake-turner
Griddle or frying-pan

*DIRECTIONS*

1. Scald the milk in a double-boiler.
2. Measure the bread crumbs and salt into a mixing-bowl, add the milk to them, mix, and let stand thirty minutes.
3. Measure the lukewarm water into a small bowl, add the yeast to it, and with a spoon stir and rub the yeast until it is dissolved.
4. Pour the liquid yeast into the milk and bread crumbs, mix, and add the buckwheat flour. Beat well, and let the mixture stand overnight, covering the bowl with a clean towel.
5. In the morning add the molasses, and stir well.
6. Cook on a griddle or frying-pan as directed in the preceding recipe for Wheat Cakes.

## CORN CAKES

Follow the same general directions as given for Wheat Cakes (page 142), but use only ½ cup of flour, and add ½ cup of corn-meal.

# *FRUITS*

## STEWED FRESH FRUIT

| *MATERIALS* | *UTENSILS* |
|---|---|
| Fruit | Vegetable-knife |
| Sugar | Colander |
| Water | Covered saucepan |

### *DIRECTIONS*

1. Prepare the fruit by peeling, removing seeds or core, and cutting in small pieces. Berries will need stemming and washing only.
2. Measure the fruit, put it in a saucepan, and add one-third as much water as there is fruit.
3. Set the saucepan over the fire, and cook slowly from ten to twenty minutes, or until the fruit is tender.
4. Add sugar in the proportion of 1 cup of sugar to 4 cups of fruit, and continue to cook until the sugar dissolves.
5. Take the saucepan from the fire and let the fruit cool.

### *REMARKS*

The proportion of sugar to fruit above mentioned is approximate only, and really depends upon the relative sweetness or sourness of the particular fruit that is being used.

## STEWED DRIED FRUIT

*MATERIALS*

½ pound dried fruit
¼ to ½ cup sugar

*UTENSILS*

Covered saucepan

### *DIRECTIONS*

1. Wash the fruit very carefully in plenty of water.
2. Put the fruit in a saucepan, cover with water, and let it stand overnight.
3. Set the saucepan over a slow fire, cover it, let the fruit come to a boil, and then simmer for two hours.
4. Add the sugar to the fruit, and when it is dissolved take the saucepan from the fire and let the fruit cool.

### *REMARKS*

Apricots and peaches require more, and figs and prunes less, sugar than apples.

## BAKED APPLES

*MATERIALS*

2 large perfect apples
½ cup sugar

*UTENSILS*

Baking-dish
Apple-corer
Vegetable-knife

### *DIRECTIONS*

1. Wash the apples and remove the cores.
2. Put the apples in a baking-dish, fill the hollow centres of the apples with sugar, and sprinkle the remaining sugar around the apples in the baking-dish.
3. Pour ½ cup of water into the baking-dish around the apples, and set the dish in a slow oven to bake from thirty to forty-five minutes, or until the apples are tender and slightly browned.
4. Take the dish from the oven, and let the apples cool before serving.

### *REMARKS*

Baked apples are sometimes served with roast pork, in which case they should be hot.

A few raisins and a little spice may be put into the hollow centres of the apples before baking, if desired.

## CRANBERRY SAUCE

*MATERIALS*

1 cup cranberries
½ cup sugar
¼ cup water

*UTENSILS*

Saucepan
Colander
Bowl
Potato-masher
Mould
Tablespoon

*DIRECTIONS*

1. Wash the cranberries, put them in a saucepan, and add the water.
2. Set the saucepan over the fire, and cook slowly until the cranberries are tender and may be easily mashed.
3. Mash the cranberries through a colander into a bowl, using the potato-masher.
4. Stir the sugar with the cranberries, put them back into the saucepan, and place again on the fire until the boiling-point is reached.
5. Pour the sauce into a mould, and set in a cool place to stiffen.

## APPLE SAUCE

*MATERIALS*

6 medium-sized apples
¾ cup sugar
1½ cups water

*UTENSILS*

Vegetable-knife
Covered saucepan
Tablespoon
Colander
Potato-masher

### *DIRECTIONS*

1. Cut the apples in eighths, peel, and cut away the core.
2. Put the apples in a saucepan, and add the water.
3. Cover the saucepan, set it over the fire, and let simmer slowly about twenty minutes.
4. Take from the fire, drain off most of the water, mash the apples through a colander into a bowl, and add the sugar.
5. Put the apple sauce back in the saucepan, set over the fire, and let it cook slowly about five minutes.

### *REMARKS*

One-half teaspoon of spice or the juice of half a lemon may be added, if desired. Apple sauce is usually served cold, but should be hot if served with roast pork.

## RHUBARB SAUCE

*MATERIALS*

2 cups rhubarb
¾ cup sugar
⅓ cup water

*UTENSILS*

Tablespoon
Vegetable-knife
Saucepan

### *DIRECTIONS*

1. Peel the rhubarb, and cut it into pieces about 1 inch long.
2. Put the pieces in a saucepan, add the water and sugar, and cook very slowly until tender. Or, the rhubarb, sugar, and water may be put into a covered baking-dish, and cooked in a slow oven for about one hour.

# *WHITE SAUCES*

Many of the recipes in this book call for one or another of three different forms of white sauce. These forms vary only as regards the amount of their principal ingredients, the process of making and the utensils required being the same in all three cases. The three varieties may therefore be differentiated, in respect to the ingredients required, as follows:

*No.* 1 (*FOR SOUPS, etc.*)

1 cup milk
1 tablespoon flour
1 tablespoon butter
½ teaspoon salt

*No.* 2 (*FOR VEGETABLES, MEAT, AND FISH*)

1 cup milk
2 tablespoons flour
2 tablespoons butter
½ teaspoon salt

*No.* 3 (*FOR CROQUETTES, etc.*)

1 cup milk
4 tablespoons flour
4 tablespoons butter
½ teaspoon salt

## *DIRECTIONS*

1. Put the flour and butter in a saucepan, carefully keeping them on opposite sides of the pan.

2. Hold the saucepan over the fire, allowing the butter to melt slowly.
3. Mix the flour and melted butter together, and add the salt.
4. Add half the milk, and stir constantly until the mixture begins to thicken.
5. Add the rest of the milk, and stir until the boiling-point is reached.

*REMARKS*

White Sauce must not be left on the fire an instant without stirring, and the spoon in stirring must always touch the bottom of the saucepan.

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